



Southeast Asia: Pu Luong, Halong Bay & the Cardamom Mountains

19 days, Hanoi to Bangkok

Trip code AVHT

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: Hoi An Cooking Class, Hoi An
- Your OMG Day: Guided Tour of My Son Ruins or Old Town Mangrove Kayaking, Hoi An
- Your Foodie Moment: Cooking Class, Siem Reap
- Your OMG Day: Sunset Bike Ride or Half-day Tour of Kampong Khleang Floating Village, Siem Reap
- Complimentary Arrival Transfer
- Welcome Dinner
- Angkor Wat sunrise visit and site exploration
- Kayak & Trek in the Cardamom Mountains
- Full day Kayak excursion in Koh Chang
- Bangkok progressive dining experience
- Ha Long Bay Junk boat overnight cruise with seafood lunch and dinner
- Luon Cave Kayaking
- Lady Motorbike Tour of Hanoi
- Hanoi Cyclo Tour
- Hanoi Food Walking Tour
- Bamboo Rafting & Lunch Experience
- Trek near Pu Luong among the rice terraces
- Hoi An Walking Tour
- Ho Chi Minh City Cyclo Tour
- Ho Chi Minh City Sunset Cruise
- Cycling Tour With Visit to Cu Chi Tunnels
- Farewell Dinner
- Internal flights
- 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 25th, 2026

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

Hanoi: A Sweet Welcome

From the organized chaos of Hanoi and Ho Chi Minh City to the soothing lush green terraces of Pu Luong, Vietnam pushes you to let go, step out of your comfort zone, and reconnect with your inner explorer. Vietnam can feel unfamiliar and familiar all at once. Try foods you have never even heard of before while being greeted with smiling hosts who feel like familiar friends. Welcome to Hanoi, and to Vietnam, and we invite you to dive in, push your limits, and refill your cup.

After an informative welcome briefing, join your CEO for a multi-course Vietnamese feast. Try sizzling ginger chicken and fresh mango salad. Sip the unexpected with a complimentary egg coffee made right at your table.



Meals included

Dinner



Accommodation

Bespoke Trendy Hotel (or similar)

Hotel



Today's Activities

Arrival Transfer - Hanoi

Hanoi

1h

30km

Enjoy an included arrival transfer from the airport to your Welcome Meeting spot at the joining hotel in Hanoi.

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.

Day 2

Hanoi: Highlights of Hanoi

It wouldn't be a trip to Vietnam without hopping on the back of a motorbike. Your drivers and guides this morning are all women from a local organization dedicated to empowering women through employment as motorbike drivers in the tourism sector. These women will guide you through the city—stopping the motorbike to allow for exploration of all the must see stops. Walk around the perimeter of the Ho Chi Minh Mausoleum and visit Ba Dinh Square and One Pillar Pagoda. Explore Huu Tiep Lake and Tran Quoc Pagoda. After working up an appetite, return to the Old Quarter for a huge bowl of Pho at a local restaurant. Slurping is highly encouraged.

Later this afternoon, dive straight into a foodie walking tour of Hanoi. Dig into some of the best Bun Cha you've ever had and end the afternoon at Bia Hoi corner just in time to do some people watching with a cold drink in hand.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Bespoke Trendy Hotel (or similar)

Hotel



Today's Activities

Lady Motorbike Tour

Hanoi

3h

A once-in-a-lifetime motorbike ride throughout Hanoi Old Quarter and the outskirts of the city to explore all aspects of Hanoi, not only the bustling city, but also the peaceful side. Visit landmarks like the outside of the Ho Chi Minh Mausoleum, Ba Dinh Square, One Pillar Pagoda, Huu Tiep Lake, and Hoa Lo Prison.

Hanoi Cyclo Tour

Hanoi

Take a seat on a cyclo for a tour of Hanoi's lively Old Quarter. Let the driver navigate through the bustling streets and start taking some photos or just use the tour to help get familiar with the area.

Hanoi Foodie Culture Tour

Hanoi

2h30m

1km

Indulge your inner foodie with a street food tour through bustling Hanoi. Follow your guide through the back streets and markets of the city's old quarter, sampling local fare along the way. Observe rush hour, mingle with city natives and experienced street food artists alike, as you taste a variety of Hanoi faves like "nem ran" and "banh goi." Stop at a streetside bar to savour a Bia Hoi like Hanoians do.

Private Vehicle

Hanoi

15m-45m

6km

Sit back and relax taking in the scenery as you transfer from the hotel to various included activities.

Day 3

Ha Long Bay: Junk boats & Cave Kayaking

Standing as a symbol of centuries worth of discoveries by sea, the junk boat was first created in 3000 B.C. and throughout time the ship has been used by explorers and merchants alike. Now is your chance to spend a night aboard, embracing your inner explorer. (Albeit with way comfier pillows.) Glide through the steely waters in Halong Bay past limestone karst mountains and lush green islands and paddle a kayak through thousand year old caves.

Step on board our private boat and dig into a thoughtfully catered Vietnamese lunch. Sample local delights like pumpkin soup, fried chicken and Halong steamed tiger prawn. Get in the water with a guided kayaking adventure to explore the natural scenery of the incredible caves within Ha Long Bay. Look out for fossilized shells of oysters and crabs-proof that life existed here millions of years ago. Join your hosts to help prepare springs rolls, or sit back with a well earned glass of local beer. Dinner is plentiful this evening-and served on board.

Pack a small overnight bag with everything you need for tonight and tomorrow morning in Ha Long Bay. Your big suitcase will be stored in a safe place and you will not have access to it after you board the boat until you disembark the next day.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Halong Overnight Cruise (or similar)

Junk Boat



Today's Activities

Private Vehicle

Hanoi - Ha Long Bay

2h30m

155km

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

Ha Long Bay Cave Kayaking

Ha Long Bay

45m-1h

1km

Embark on a guided kayaking adventure through the incredible karst formation caves to explore the natural scenery of beautiful Ha Long Bay.

Hạ Long Bay Overnight Cruise

Hạ Long Bay

24h

Spend the day aboard a traditional junk boat. Cruise slowly on the calm bay on this comfortable craft, soaking in the magnificent karst scenery. Relax on deck and catch some rays or stay inside – you'll still be able to enjoy the scenery through the windows.

During the cruise, feast on local seafood, visit one of the massive cave systems in kayaks, and participate in a cooking class on the boat.

The next day, continue to cruise through the limestone karsts in the morning before disembarking after breakfast.

Day 4

Pu Luong: Rice Terraces of Vietnam

Tropical rainforest covers the low mountains that surround Pu Luong-with rice terraces as far as the eye can see. Villages dotted throughout the valley are like splashes of colour against a bright green painting. Trekking along the terraces, throughout villages, brings you face to face with day to day life in this picturesque corner of northern Vietnam.

Spend the morning in Halong Bay, enjoying a leisurely breakfast on board. Disembark and make your way to Pu Luong, situated west of Hanoi. Dinner will be familiar favourites - beans, bamboo shoots, and farm raised pork-and some local delicacies like mountain snails dipped in fish sauce.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Puluong Retreat (or similar)

Resort

Puluong Retreat is located in Pu Luong, just west of Hanoi, situated among the terraced rice paddies. Valleys of deep green spread out for miles. The bungalows offer sweeping views over the terraces and large spacious rooms made with local materials.



Today's Activities

Private Vehicle

Hq Long Bay - Chieng Lau Village

6h30m-7h30m

310km

Travel to your featured stay accommodation in Pu Luong with a stop for lunch at a local restaurant.

Free Time

Chieng Lau Village

After arriving at Pu Loung Hotel you will be able to spend free time exploring the grounds or getting settled in your new relaxing surroundings.

Day 5

Pu Luong: Trekking and Riverway Exploration

The village of Pu Luong lies just west of Hanoi, but feels a million miles away. Step out of your wooden bungalow to a vast landscape of green. Start the day with a rich coffee and fuel up for a morning trekking among the rice paddies. Pass by local villages and wave hello to local people as they move about their daily routines. Walk to Ban Cong and dig into a BBQ picnic lunch prepared for you by local chefs just along the riverbank.

Trekking through the rice paddies, you will certainly work up an appetite. Your local chef prepares dishes like barbecue Pork Belly with local Mac Khen seeds and stir-fried morning glory with garlic. While they whip up this delicious feast, participate in a spring roll making activity with your hosts and CEO. It's harder than it looks, but in our view: all spring rolls are good spring rolls.



Meals included

Breakfast | Lunch



Accommodation

Puluong Retreat (or similar)

Resort

Puluong Retreat is located in Pu Luong, just west of Hanoi, situated among the terraced rice paddies. Valleys of deep green spread out for miles. The bungalows offer sweeping views over the terraces and large spacious rooms made with local materials.



Today's Activities

Trek Near Pu Luong

Chieng Lau Village

2h15m-2h30m

3km

Start the morning with a quick ten minute transfer to the beginning of the trek. Stroll through symmetrical rice paddies stopping to visit local families along the way.

Total distance: 3-5km

Duration: 2-2.5 hours

Free Time

Chieng Lau Village

You will have free time this evening to enjoy more of the hotel amenities and peaceful grounds.

Bamboo Rafting & Lunch Experience

Chieng Lau Village

2h30m

After the trek transfer a half hour to the bamboo rafting meeting point. From here you will walk 1.2km to Ban Cong Village to attend an immersive cooking demonstration and local BBQ with your generous hosts along the bank of a peaceful river. Board the raft after lunch for a 45 minute float on the river amid the serene landscape. A private vehicle will be waiting to take you back to the hotel upon exiting the raft.

Day 6

Hoi An: A Peaceful Meeting Place

Hoi An roughly translates to "a peaceful meeting place" and we promise it lives up to its name. Admittedly, it's hard to get more peaceful than the rice terraces of Pu Luong, but Hoi An offers a contrast to its northern neighbour. Where Pu Luong boasts serenity and calm, Hoi An offers conviviality and vibrancy. Explore this meeting place with a cooking class led by a local chef preparing a three course meal.

One final sip of coffee and a deep breath of jungle air and it's time to bid farewell to Pu Luong. Return to Hanoi to catch a flight to Da Nang. Arriving in Hoi An in the late afternoon, there is no better way to get acquainted than to set out on foot to reach your cooking class and evening meal.



Meals included

Breakfast | Dinner



Accommodation

Little Riverside Hoi An (or similar)

Hotel



Today's Activities

Private Vehicle

Chieng Lau Village - Hanoi

4h30m

178km

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

Plane

Hanoi - Da Nang

1h30m

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

ACTIVITY

1km

Participate in a cooking class in Hoi An. Walk as a group the 1km to the Green Mango restaurant and learn how to cook five traditional dishes before enjoying your creations for dinner.

Private Vehicle

Da Nang - Hoi An

45m-1h

28km

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

Day 7

Hoi An: Highlights of the Old Town

Discover the highlights of Hoi An with your CEO on an informative walking tour. Visit the Ong Pagoda, Chua Cau (Japanese Covered Bridge), and the local market. You're getting to know a lot about Hoi An- but what about the claim that its home to the best banh mi in Vietnam? Your CEO will offer to show you to the best place in town (but no guarantees you won't acquire a serious banh mi craving from here on out).

The remainder of the afternoon will involve some time at leisure. Your CEO will lead an excursion to a local beach. For the adventure-seekers, we recommend a Jeep tour through the countryside. Learn about the agricultural practices of local farmers by visiting their crops and livestock. Witness how traditional occupations have changed through time from weaving to rice-wine making, to newer industries like bird's nest farming and aquaculture. Interact with friendly locals, spark conversations, and leave feeling a genuine connection to this place and the people you are meeting along the way.



Meals included

Breakfast



Accommodation

Little Riverside Hoi An (or similar)

Hotel



Today's Activities

Hoi An Old Town Walking Tour

Hoi An

2h-3h

Embark on a captivating half-day CEO lead walking tour of Hoi An's ancient town. Stroll through the narrow winding streets, exploring its rich history and visiting significant landmarks such as ancient houses, the Cantonese merchant house, Ong Pagoda, the Japanese covered bridge, and the local market. The entrance fee for the old city is included.

Free Time

Hoi An

Spend the remainder of the day at leisure. Join your CEO on a visit to a nearby local beach or if you are craving more adventure, join a guided jeep tour in Hoi An, travelling through rural landscapes and local communities. If you want to kick back, choose a massage and a dip in the pool.

Hoi An is a must visit on any Vietnam itinerary because you can do it all here. From ancient ruins and fascinating architecture, to delicious food and active adventures-there is a dizzying array of things to see and do. You get to choose today between two curated choices. Embark on a kayaking adventure that takes you from the Cua Dai bridge down to a fishing village and beyond. If you would rather explore the ruins of My Son, join a local guide for comprehensive exploration of various complexes of the site, before returning to Hoi An by boat.

Both of your OMG Day options return to Hoi An in time for some leisure time in the afternoon. Take a dip in the pool or book another activity to complete your customized day.



Meals included

Breakfast



Accommodation

Little Riverside Hoi An (or similar)

Hotel



Today's Activities

Free Time

Hoi An

The remainder of the afternoon and evening will be free to enjoy more of Hoi An.

ACTIVITY

Option 1: See My Son Ruins on a guided tour. Listen as your guide gives a comprehensive explanation and historical lesson on My Son. This in-depth tour aims to provide you with a profound understanding of Cham history, the Cham people, Cham culture, and the Cham Kingdom. After moving through the temple complexes the group will board a covered boat for a 40-minutes boat ride with a stop at Kim Bong Carpentry Village.

Option 2: Grab those paddles for a guided kayaking tour of the old town through the mangroves. Start with a comprehensive safety briefing before kayaking towards Cua Dai bridge in the early morning. Then, paddle to a local fishing village for a visit where local breakfast and coffee will be served. On the return, travel through a serene coco-palm mangrove.

Day 9

Ho Chi Minh City: Cyclo Rides and Sunset Cruising

Ho Chi Minh City is Vietnam's most populated city with just around 9 million people calling it their home. For every 6 people, 1 motorbike enters the city on a daily basis. This organized chaos is a recognizable feature of many Vietnamese cities and learning to navigate the chaos is all part of the adventure. When you arrive in the afternoon, hop onto a pedaling cyclo to get a bit above the motorbike fray and tour the city with your knowledgeable guide. A sunset boat ride is peaceful way to end the day in the big city.

Board a flight from Da Nang, near Hoi An, bound for Ho Chi Minh City. After a delicious Pho lunch, begin the afternoon of adventure featuring a cyclo tour of the city. Wrap up the day with a relaxing sunset cruise.



Meals included

Breakfast | Lunch



Accommodation

Continental Saigon Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Hoi An - Da Nang

45m-1h

29km

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

Plane

Da Nang - Ho Chi Minh City

1h30m-2h

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

Ho Chi Minh City Cyclo Tour

Ho Chi Minh City

1h30m-2h

Take a city tour on a cyclo (cycle rickshaw) – a great way to absorb the sights, sounds, and smells of Ho Chi Minh City. On this 2-hour experience you will visit the Independence Palace and War Remnant Museum while your knowledgeable guide offers insightful commentary along the ride.

Ho Chi Minh City Sunset Private Cruise

Ho Chi Minh City

1h30m

This evening board a private sunset cruise to see Ho Chi Minh City from the water. Snacks and a refreshing drink will be available as you cruise along soaking in the scenic views.

Day 10

Ho Chi Minh City: Cycle to the Cu Chi Tunnels

The Cu Chi Tunnels remain a testament to the enduring spirit of the Vietnamese people and their ingenuity in the face of unthinkable wartime tragedies. The tunnels may be your destination today, but the journey to get you off the beaten track to discover more of Vietnam. Hop on a bicycle and pedal your way through the countryside en route to the the Cu Chi Tunnels.

Pass through local villages and stop at a local market to sample local produce. Visit the Phu Hoa Dong traditional rice paper village and witness the age-old craftsmanship and traditions that have withstood the test of time. Your cycling adventure comes to an end once you arrive at the tunnels- where your guided tour begins. Venture into the depths of history with a visit to Ben Dinh Tunnel, one of the remarkable sections of the Cu Chi Tunnels network. Learn how the tunnels were used for strategy and for survival. When you return to Ho Chi Minh City, its time to freshen up and prepare for a final farewell dinner with your CEO and fellow travellers.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Continental Saigon Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Ho Chi Minh City

1h15m-2h30m

28km

Settle in and scan the scenery from the convenience of a private vehicle while you transfer from the hotel to the beginning of the cyclo tour and the end of the cyclo tour back to the hotel.

Cycling Tour With Visit to Cu Chi Tunnels

Ho Chi Minh City

6h30m-7h30m

After a safety briefing the group will set off on a full-day cycling tour with an included visit to Cu Chi Tunnels. Pedal through fruit gardens along the winding Saigon River and admire the lush green landscape. Dive into the rich heritage of Vietnam at Phu Hoa Dong Traditional Rice Paper Village before searching for travel mementos at the local market. Continue onwards through the rustling leaves of a rubber plantation before venturing into the Ben Dinh Tunnel—one of the sections of the Cu Chi Tunnels network.

Siem Reap: Welcome to the Community

Siem Reap is home to the famous site of Angkor Wat but there is plenty to see and do here before exploring the ancient site. Grab a coffee, try some Cambodian cuisine, or hop in a tuk tuk and explore. After a morning flight from Ho Chi Minh City to Siem Reap, arrive to Siem Reap around lunchtime. Your CEO will take you on a walk through town this afternoon.

Spoons Restaurant hosts your first meal in Cambodia. This restaurant provides vocational training for young people in 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

Plane

Ho Chi Minh City - Siem Reap

1h15m

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

Siem Reap Orientation Walk

Siem Reap

1h

Set out on a CEO-led orientation walk of Siem Reap.

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.

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 13

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.

Day 14

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.

Night Safari Boat Tour

Trápéang Rung

2h

Join a night boat safari to spot nocturnal wildlife along the Preak Tachan River.

Day 15

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 16

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.

Drive to Sihanoukville and then take a boat to Koh Rong. 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

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.

Private Vehicle

Cardamom Tented Camp - Sihanoukville

2h-3h

157km

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

Day 17

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 18

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 Rong, 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.

Day 19

Bangkok

Today your adventure comes to an end. We hope you loved visiting Southeast Asia as much as we do! We promise you won't need a vacation after your vacation, but we guarantee you'll be ready for another adventure with G.

Depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

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

What's included

- Your G for Good Moment: Dinner at Spoons Restaurant, Siem Reap
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Hoi An Cooking Class, Hoi An
- Your OMG Day: Guided Tour of My Son Ruins or Old Town Mangrove Kayaking, Hoi An
- Your Foodie Moment: Cooking Class, Siem Reap
- Your OMG Day: Sunset Bike Ride or Half-day Tour of Kampong Khleang Floating Village, Siem Reap
- Complimentary Arrival Transfer
- Welcome Dinner
- Angkor Wat sunrise visit and site exploration

- Kayak & Trek in the Cardamom Mountains
- Full day Kayak excursion in Koh Chang
- Bangkok progressive dining experience
- Ha Long Bay Junk boat overnight cruise with seafood lunch and dinner
- Luon Cave Kayaking
- Lady Motorbike Tour of Hanoi
- Hanoi Cyclo Tour
- Hanoi Food Walking Tour
- Bamboo Rafting & Lunch Experience
- Trek near Pu Luong among the rice terraces
- Hoi An Walking Tour
- Ho Chi Minh City Cyclo Tour
- Ho Chi Minh City Sunset Cruise
- Cycling Tour With Visit to Cu Chi Tunnels
- Farewell Dinner
- Internal flights
- Tips are included for all included meals and activities, except for CEO and portorage
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Motorbike Tour of Hanoi, Overnight Junk boat Halong Bay, Trekking Rice Terraces of Pu Luong, Cooking class in Hoi An, Cycle to and tour of Cu Chi Tunnel, 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.

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

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

VERY IMPORTANT: Please ensure that you 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?

1. COMBO TRIP

Please note that this trip is a combination of multiple G Adventures tours. As such, the staff and/or particular vehicles operating your tour may change between tour segments. You may also expect some group members to join or leave the tour, between tour segments. Also note that in some major cities in Vietnam, many hotel rooms do not have windows.

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.

What is the role of the group leader during this trip?

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?

18 breakfasts, 11 lunches, 11 dinners

What are the meals like on this trip?

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

What are the modes of transportation on my trip?

Private vehicle, Junk boat, plane, walking, tuk-tuk, longtail boat, motorbike, cyclo.

Are local flights included in the cost of the trip?

Please be advised that any flights noted on the G Adventures Itinerary for this tour are included in the tour services provided. Flight tickets are provided by G Adventures during the tour. The date for this service will match the day of the itinerary, for which Day 1 is equal to the start date noted on the Invoice under Land Services: Tour. If flight information is required in advance for visa purposes, please contact G Adventures.

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 (15nts), Junk Boat Ha Long Bay (1nt), 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 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.

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

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

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

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please 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 and 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.

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

EMERGENCY CONTACT NUMBERS

After hours emergency number

From outside Thailand +66 (0) 92 338 9222

From within Thailand (0) 92 338 9222

G Adventures Local Representative (Vietnam)

Ms. Alice

Emergency number: +84 90 430 5130

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

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

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

Are there any additional packing suggestions I should consider?

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

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

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

Health & Safety:

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

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: Please pack clothing for the season in which you will be travelling. From Nov-Feb weather can be cold, so please pack warm clothing. From May-Oct it is the wet season, so please bring waterproof clothing.

When can I do my laundry on this trip?

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

What are the visas and entry requirements for my trip?

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

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

Thailand:

Most nationalities do not need a visa for Thailand for stays of 30 days or less but if you do they are available on arrival at Bangkok Airport. If staying in Thailand for more than 30 days, you will be required to obtain a tourist visa in advance. Only 15 day tourist visas are issued when entering Thailand overland.

As of May 1st 2025, all non-Thai nationals entering Thailand by air, land or sea must complete the Thailand Digital Arrival Card (TDAC) online before arrival. Register within 3 days of arrival.

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

Vietnam:

As of 8 June 2026, foreign passport holders arriving in Vietnam by air through Noi Bai International Airport, Hanoi are required to complete the online [Pre-Arrival Declaration](#) within 3 days prior to the 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 June 1st, 2026.

Where can I read detailed notes about this trip?

Border crossings during the AOZB

Cham Yeam, Cambodia - Khlong Ya, Thailand

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

During this tour the local currency you will use is the Vietnamese Dong, Thai Baht, US Dollar, and Cambodian Riel. As currency exchange rates in Southeast Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: www.xe.com for each of the above mentioned currencies. The best way to carry your money is in debit cards, withdrawing cash in local currencies from ATM machines. ATMs are found throughout South East Asia and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible in case of loss or problems with one card, you will have a back up. Please note, your bank will charge a fee for overseas withdrawals. USD Cash is recommended for times when ATMs are not accessible. You should bring some cash with you for emergency situations (please refer to our trip dossier) but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix. Travellers cheques can be tricky, timely and expensive to exchange. While we do not recommend that you bring them as your primary source of funds, it is great to have one or two cheques in case of emergency. Thomas Cook or American Express travellers' cheques in US currency are the easiest to exchange. Cash advances can also be made with some banks but are time consuming and tend to have high fees attached. Credit cards can be used at some upmarket restaurants, and at some larger stores if shopping for big items. If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 2003, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

On 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?

- No optional activities

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the physical 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. In Pakistan we recommend a head scarf for women while walking around.

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

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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.