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## **Southeast Asia Uncovered**

17 days, Kuala Lumpur to Chiang Mai

Trip code AAKC

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Chenderoh Lake Homestay, Chenderoh Lake

- Your Local Living Moment: Overnight Rafthouse Excursion, Kanchanaburi
- Kuala Lumpur city tour (half-day)
- Rainforest Expedition (Cameron Highlands)
- Homestay experience
- Penang city tour (half-day)
- Beach time in Ao Nang
- Bangkok city tour
- Klong riverboat tour (Bangkok)
- Wat Po Visit
- Erawan Falls and Bridge on the River Kwai visit (Kanchanaburi)
- Rafthouse stay
- Temple ruins tour (Ayutthaya)
- Thai Burma Railway Centre visit
- Doi Suthep temple visit (Chiang Mai)
- 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 26th, 2016 and onwards

# 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

## Kuala Lumpur

Arrive at any time.



## Today's Activities

### ACTIVITY

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

Day 2

## Kuala Lumpur

Explore the city on a half-day city tour. With a free afternoon, opt to visit the Petronas Towers, the Islamic Arts Museum or Lake Gardens.

After a city tour, spend some free time exploring on your own. The evening is best spent at the night market, sampling different cuisine and bargain hunting among the stalls. Don't forget a visit to the Petronas Towers, the tallest twin towers in the world.



### Meals included

Breakfast



### Today's Activities

Free Time

Kuala Lumpur

Discover more of the city.

Kuala Lumpur City Tour

Kuala Lumpur

Get to know the sights and sounds of this cosmopolitan and lively capital city through a guided tour.



### Optional Activities - Day 2

Islamic Arts Museum

Kuala Lumpur

15MYR

Tour this museum to see thousands of artifacts and art objects ranging from jewellery and armour to ceramics and ancient Islamic glassware. The museum is home to a number of galleries: Quran and Manuscripts Gallery, Islamic Architecture Gallery, India Gallery, Chinese Gallery, Ancient Malay World Gallery as well as the Ottoman Syrian Room.

Petronas Towers Visit

Kuala Lumpur

85MYR

Take in breathtaking views of Kuala Lumpur on this visit to the Petronas Towers. Called Malaysia's jewel, the 88-storey twin structure has the world's highest two-storey bridge offering a stunning view of the city from 170m (558ft) high.

Lake Gardens Visit

Kuala Lumpur

Explore this lush botanical garden – an oasis in the heart of the bustling city.

Day 3

## Kuala Lumpur/Cameron Highlands

Head to higher ground and enjoy the cooler air in the Cameron Highlands.

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### Meals included

Breakfast

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### Today's Activities

Local Bus

Kuala Lumpur – Cameron Highlands

3h-4h

205km

Climb aboard, grab a seat, and enjoy the ride.

There may be some winding mountain roads on this route. Those prone to motion sickness may want to consider taking a tablet.

Free Time

Cameron Highlands

Get out and explore.

Enjoy a full-day rainforest expedition and a visit to a butterfly farm.

Take a full-day excursion, exploring the rainforest of the Cameron Highlands and visiting a butterfly farm.

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## Today's Activities

Rainforest Expedition

Cameron Highlands

Enjoy exotic flora and fauna during the Rainforest Expedition, which includes seeing the Rafflesia, the world's largest flower (depending on season). Also, visit an aboriginal village and see a blow pipe hunting demonstration. Go on a 1-2 hr jungle trek. Enjoy a waterfall swim and visits to a tea plantation and a reptile farm.

Butterfly Farm Visit

Cameron Highlands

Enjoy beautiful live butterflies and other exotic wildlife at this charming butterfly farm. Learn more about the balance within the biodiversity of flora in Malaysia during the visit.

Day 5

## Cameron Highlands/Chenderoh Lake

Travel to a local island homestay in the middle of a scenic lake. Enjoy connecting with the locals and taking in the scenery.

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### Meals included

Dinner

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### Today's Activities

#### ACTIVITY

Experience all the charm of a traditional “kampung” or village at this quaint homestay. Made up of repurposed old wooden homes, this lakeside retreat offers picturesque scenery and the opportunity to interact with locals. Opt to trek, kayak, fish, or just kick back and relax in a hammock.

Day 6

## Chenderoh Lake

Spend the day exploring the area. Learn about the local culture, environment, and life in the village. Head out for a walk and explore by kayak.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

#### ACTIVITY

Experience all the charm of a traditional “kampung” or village at this quaint homestay. Made up of repurposed old wooden homes, this lakeside retreat offers picturesque scenery and the opportunity to interact with locals. Opt to trek, kayak, fish, or just kick back and relax in a hammock.

Day 7

## Chenderoh Lake/George Town

Travel to George Town, Penang and opt for a city tour before relaxing on the beach or shopping in town.

Travel to the west coast island of Penang. With free time, opt to take a bicycle rickshaw tour, meander through the streets of Georgetown, take a funicular to the top of Penang Hill, see the colourful bazaars of the night markets, or visit some Chinese temples.

Penang boasts an impressive variety of food, from Chinese to Malay and Indian. Enjoy!



### Meals included

Breakfast



### Today's Activities

Free Time

George Town

Head out and get to know Penang.

Private Vehicle

Chenderoh Lake - George Town

2h-3h

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



### Optional Activities - Day 7

Penang Hill Visit

George Town

60MYR

Visit this colonial hill station for a great escape from the city's heat and beautiful views of Georgetown from one of its seven hills. The highest is Western Hill, which stands at 833m (2,723ft) above sea level. Discover tropical plants, like the carnivorous pitcher plant, and catch a glimpse of the dusky leaf monkeys or the greater racket-tailed drongo, which is a local bird.

Penang Peranakan Museum Visit

George Town

25MYR

Learn about the Peranakans (also known as the Babas and Nyonyas), the Chinese community that made their home in the Straits Settlements and developed unique customs that incorporated Malay and British influences in their cuisine and language. Tour the museum, a recreated home of a rich Baba, to see displays of more than 1,000 antique pieces and architectural design – of special note is the staircase, dining room, and parlour.

### Indian Street Visit

George Town

Enjoy a visit to charming Little India, which consists of three streets: Lebuah Chulia, Lebuah Queen, and Jalan Pasar. Purchase colourful Indian fashion, eat spicy food, and listen to beautiful Indian melodies for a taste of India in Malaysia.

### Clan Jetties Excursion

George Town

Experience real-life history visiting the clan jetties. More than 100 years ago, the Chinese community started building stilt houses along the waterfront, clustered into clan villages that still exist today. Most of these houses are in the Chew Jetty area.

### Khoo Kongsi Visit

George Town

Visit one of the grandest clan houses in Malaysia, built by the Chinese Khoo Kongsi clan more than 100 years ago it operated much like a self-governing village. As a sign of wealth, the house was built in an ornate fashion with elaborate Chinese architecture.

### Bicycle Rickshaw Tour

George Town

Hop in a bicycle rickshaw and enjoy a leisurely ride while taking in the sights of beautiful Penang.

Day 8

## George Town/Ao Nang

Cross into Thailand and settle into the beachy vibe of Ao Nang. Opt to shop, eat or hang around the stunning beach.

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### Today's Activities

Private Vehicle

George Town - Ao Nang

7h

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

Border Crossing (Malaysia - Thailand)

Kangar - Satun

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Free Time

Ao Nang

Enjoy free time to explore the area.

Day 9

## Ao Nang

Spend a full day exploring the area. Opt to visit idyllic Railay Beach, try the world-class rock climbing, go snorkelling or relax on the local beach.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Ao Nang

There's tons to do here – swim, snorkel, relax, or head out and explore. The island is yours to discover.

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### Optional Activities - Day 9

Railay Beach Visit

Railay Beach

Visit this scenic beach and take in the gorgeous limestone cliffs. Swim, hike, or take it easy at a beachfront café.

Rock Climbing

Ao Nang

Scale spectacular coastal cliffs at local world-class rock climbing destinations like Railay peninsula. Get your blood pumping with this total body workout and be rewarded with stunning views.

Day 10

## Ao Nang/Bangkok

Enjoy a last morning in paradise before boarding an overnight train to Bangkok.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Ao Nang

Enjoy a final morning on the beach.

Private Vehicle

Ao Nang - Surat Thani

3h

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

Basic Overnight Train (beds)

Surat Thani - Sathani Rotfai Bang Sue

9h-10h

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

Day 11

## Bangkok

Arrive in Bangkok in the morning and take a guided tour of the city. Opt to visit to the Grand Palace, Wat Po, the National Museum, or shop on Khao San Road.

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### Today's Activities

Free Time

Bangkok

There's so much to see in this bustling metropolis – get out and explore.

Bangkok City Tour

Bangkok

4h

Head out for a half-day tour and explore Bangkok – the old and the new. Check out the world's largest seated golden Buddha at Wat Traimit, wander through the markets of Chinatown, then hop on a riverboat to Phra Atit passing the Grand Palace, Wat Arun, and Wat Pho. Afterwards, continue to Siam on a klong boat or opt to stop and visit Wat Pho or the Grand Palace – the choice is yours.

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### Optional Activities - Day 11

Wat Arun Visit

Bangkok

Visit Wat Arun, a Buddhist temple and one of Thailand's best known landmarks. Tour inside to see its central prang (a Khmer-style tower) adorned with colourful porcelain.

Jim Thompson's House Visit

Bangkok

250THB

Tour the Jim Thompson House, a Bangkok museum that was once the home of American businessman Jim Thompson, the “Legendary American of Thailand.” See his collection of Buddhist and secular art, amassed while building his silk company.

Wat Po Visit

Bangkok

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

Massage

Lay back and soothe aching muscles with a famous local massage. Affordable and amazing, don't miss out.

Grand Palace Visit

Bangkok

500THB

Visit the King's official residence (made up of many buildings, halls, lawns, gardens, and courtyards) on the banks of the Chao Phraya River and see the Temple of the Emerald Buddha. Please note the cost of this optional activity does not include the entrance fee.

Day 12

## Bangkok/Kanchanaburi

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



### Meals included

Breakfast | Dinner



### Today's Activities

Klong Riverboat Tour

Bangkok

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

Wat Po Visit

Bangkok

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

Private Vehicle

Bangkok - Kanchanaburi

2h-3h

130km

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

#### ACTIVITY

Enjoy a unique homestay experience aboard a floating raft house on the famous River Kwai. Relax, swim, and mingle with locals in the community.

Day 13

## Kanchanaburi

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

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Kanchanaburi – Nam Tok Erawan

1h-2h

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

Erawan Waterfalls

Nam Tok Erawan

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

Bridge on the River Kwai Visit

Kanchanaburi

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

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.

Day 14

## Kanchanaburi to Ayutthaya

Explore the Allied War Cemetery and the Thai-Burmese Railway Centre to learn more about the area's history. Travel to Ayutthaya and visit the historical sites of the old capital city. Opt to visit Chan Kasem National Museum and Chao Sam Phraya Museum.



### Meals included

Breakfast



### Today's Activities

Private Vehicle

Kanchanaburi - Phra Nakhon Si Ayutthaya

2h

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

Temple Ruins Tour

Phra Nakhon Si Ayutthaya

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



### Optional Activities - Day 14

Chan Kasem National Museum Visit

Phra Nakhon Si Ayutthaya

Take a step back in time at this historically important museum that was once Chan Palace and home to many kings. Tour its pavilions and towers, and admire the extensive collection of antiques and artifacts, including ancient weapons, sculptures, Buddha images, and King Rama IV's personal belongings.

Chao Sam Phraya Museum Visit

Phra Nakhon Si Ayutthaya

Enjoy looking at objects excavated at Wat Racha Burana and Wat Maha That in the 1950s, including images of the Buddha. The second building displays artifacts from the 6th to the 19th centuries and is a great chance to learn about Thai history.

Day 15

## Ayutthaya to Chiang Mai

Spend a full day exploring Ayutthaya before boarding an overnight train to Chiang Mai.

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### Today's Activities

Free Time

Phra Nakhon Si Ayutthaya

Enjoy free time exploring all Ayutthaya has to offer.

Basic Overnight Train (beds)

Phra Nakhon Si Ayutthaya - Chiang Mai

12h

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

Day 16

## Chiang Mai

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

Chiang Mai is a vibrant city with heaps to see and do. Famous for its night market and cooking classes, it's a feat to fit it all in.



### Meals included

Breakfast



### Today's Activities

Free Time

Chiang Mai

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

Private Vehicle

Chiang Mai - Doi Suthep

45m

30km

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

Doi Suthep Temple Visit

Doi Suthep - Chiang Mai

Visit Wat Phra That Doi Suthep, a golden Buddhist temple outside of Chiang Mai on the Mt Doi Suthep. Climb 300 steps to reach the temple and be rewarded with an unforgettable view. Admire the many Buddhist relics at this sacred temple and visit the white elephant shrine. Legend has it that the location of the temple was chosen after a white elephant carried a relic to the mountain and trumpeted three times before dying on the spot. Also, with a little luck, you may witness the chanting of the monks.

Private Vehicle

Doi Suthep - Chiang Mai

45m

30km

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



### Optional Activities - Day 16

Street Food Walk at Chiang Mai Night Market

Chiang Mai

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

Pick out the best ingredients at a local market and learn how to make delicious Thai dishes.

Day 17

## Chiang Mai

Depart at any time.

With a little extra time in the area, hilltribe treks are easily accessible, as is the Golden Triangle.



### Meals included

Breakfast

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Chenderoh Lake Homestay, Chenderoh Lake
- Your Local Living Moment: Overnight Rafthouse Excursion, Kanchanaburi
- Kuala Lumpur city tour (half-day)
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- Klong riverboat tour (Bangkok)
- Wat Po Visit
- Erawan Falls and Bridge on the River Kwai visit (Kanchanaburi)
- Rafthouse stay
- Temple ruins tour (Ayutthaya)
- Thai Burma Railway Centre visit
- Doi Suthep temple visit (Chiang Mai)
- All transport between destinations and to/from included activities

## **What are the main highlights of this trip?**

Bargain hunt in bustling Kuala Lumpur, relax at the cool tea stations of the Cameron Highlands, lounge on white-sand beaches, go local with a Malaysian homestay, explore magnificent temples and palaces, sleep in a floating rafterhouse

## **What are the main highlights of this trip?**

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

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

## **Is there 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. LUGGAGE**

As we use (sometimes crowded) local transport please note backpacks are much more suitable than suitcases for this style of trip. Train and bus travel means that bags have to be stowed either overhead or under beds, so travelling as light as possible is recommended.

### **2. RAMADAN**

Depending on the lunar cycle, Ramadan will fall between June 7th to July 7th, 2016. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan in Muslim areas, but generally our tours still operate effectively during this period and food is available to non-muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

## **How large will the group be?**

Max 15, avg 12

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

11 breakfasts, 1 lunch, 3 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?**

Train, local bus, private van, ferry, songthaew, walking

## **Is there an extra cost for travelling solo?**

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

## **Where will we stay during the trip?**

Hotels/guesthouses (11 nts), homestay (2 nts), raffthouse (1 nt), sleeper train (2 nt).

## **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

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

Night 11 (overnight train)

## **What is the joining hotel?**

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

## **What are the joining instructions?**

My Hotel Bukit Bintang is a 45-minute drive from Kuala Lumpur International Airport and a 1-hour drive from Subang Airport. Berjaya Times Square and several transport links are a 10-minute walk away. Hang Tuah Monorail Station and Imbi Monorail Station are within a 7-minute walk away.

Taxis will range from 80-110 MYR.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time.

Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Who should I contact in case of an emergency?

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

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. 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

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time)

From outside Thailand: +66 2 381 5574

From within Thailand: 02 381 5574

After hours emergency number

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

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 should I take on my trip?**

You will be on the move a good deal, so pack as lightly as possible (try to stay under 10 kg /22lb). It is in your own interest as you are expected to carry your own luggage, though distances are never great. Most travellers carry their luggage in a pack, although an overnight bag with a shoulder strap would suffice. Suitcases are not recommended for G Adventures travellers! Travellers will need a day pack to carry water and a camera for day walks and excursions/

# 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.)

**Light Hiking:**

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

**Sleep Sheet and Pillow:**

- Sleeping bag liner/sleep sheet
- Travel pillow

**Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: During the colder months (Oct-Apr) the mountains can be very cold, so please make sure you pack warm clothes.

## 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 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.

## Where can I read detailed notes about this trip?

English is widely spoken and transportation and infrastructure is good on this journey, but please remember that this is Asia- expect the unexpected! If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced.

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

## How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$250 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Do I need to pay a departure tax?

Departure tax is included in all domestic and international tickets.

## Should I be tipping on my trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

# What activities are optional on this trip?

## Kuala Lumpur

- Islamic Arts Museum (15MYR per person)
- Petronas Towers Visit (85MYR per person)
- Lake Gardens Visit

## George Town

- Penang Hill Visit (60MYR per person)
- Indian Street Visit
- Bicycle Rickshaw Tour
- Penang Peranakan Museum Visit (25MYR per person)
- Clan Jetties Excursion
- Khoo Kongsi Visit

## Railay Beach

- Railay Beach Visit

## Ao Nang

- Rock Climbing

## Bangkok

- Wat Arun Visit
- Wat Po Visit
- Grand Palace Visit (500THB per person)
- Jim Thompson's House Visit (250THB per person)
- Massage

## Phra Nakhon Si Ayutthaya

- Chan Kasem National Museum Visit
- Chao Sam Phraya Museum Visit

## Chiang Mai

- Street Food Walk at Chiang Mai Night Market
- Cooking Class

## **Are there any health considerations I should know before travelling?**

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

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information about before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements . Please be aware that we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

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

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## **What are the trip specific safety considerations?**

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

## **What rules should I know before joining this trip?**

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

## **Are there any things I should be aware of?**

Please don't buy gems in Bangkok unless you know what you are doing. If you fall victim to a gem scam, we are unable to assist you.

The city centre of Kuala Lumpur has had several incidents of snatch thefts recently. If doing some exploring on your own during or after your trip, carry only the necessary minimum with you and use a well-hidden money belt. Valuables, including your passport, should be left in the hotel safe - organize this at reception. There is no need to be paranoid, just be cautious.

## **Is travel insurance required for my trip?**

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How should I dress to respect local customs during the tour?

When packing be aware that dress standards are conservative throughout Asia. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate (suitable clothing can be purchased cheaply in Bangkok). Shorts should be knee-length. Singlets and tank tops (vest tops) are not suitable in many areas. Most of the areas visited on this trip are predominantly Muslim and therefore modest dress is suitable. Topless and nude bathing or sunbathing is not appropriate and is in fact illegal. In some places you should use a sarong or shorts and T-shirt for swimming rather than a swimsuit.

## How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

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

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

## Itinerary Disclaimer

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

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