



## **Southern Thailand Sojourn: Nightlife & National Parks**

8 days, Bangkok to Koh Tao

Trip code ATSS

## What's included

- Your G for Good Moment: Kao Thep Pitak Community-Owned Farm & Meal, Ban Ta Khun
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: Bangkok
- Your Big Night Out Moment: Beach Bar, Koh Tao
- Street food crawl
- Lake Cheow Larn excursion
- Snorkelling trip (Ko Tao)
- Beach time on Thai islands
- 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 September 11th, 2019 and onwards

# Itinerary



## Itinerary Notes

Effective May 1, 2025, all travelers entering Thailand through air, land, or sea must complete the Thailand E-Arrival form. You must register at least 3 days before arrival. Please see Trip Details for more information.

**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

## Bangkok

Arrive at any time.

This evening, the famous Khao San Road is on the itinerary for your first night out. Explore this buzzing traveller hub with your CEO and check out the lively bars and dance parties that line the street. Grab a Thai beer or tea and connect with your fellow travellers. Don't forget to sample local delicacies, and try a deep fried scorpion if you dare!



### Accommodation

New Siam 2 (or similar)

Hotel



### 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.

#### ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Day 2

## Bangkok/Surat Thani

Get on first-name basis with Thailand's capital city. Start off the day with a street food crawl, then opt to check out Wat Pho and the Grand Palace, relax with a Thai massage, or explore the klongs (canals) by boat. Later, hop on board the overnight train.



### Meals included

Breakfast



### Today's Activities

Basic Overnight Train (beds)

Bangkok - Surat Thani

12h-13h

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

Street Food Crawl

Bangkok

Bring your appetite and your wallet. The CEO will bring the group to the best spots to eat and teach everyone about the local street food. Yum!



### Optional Activities - Day 2

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.

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.

Thai Massage

Bangkok

15-30USD

Lie back and soothe aching muscles with a wonderful Thai massage. Affordable and amazing—don't miss out!

Entrance - Royal Barge Museum

Bangkok

3.50USD

Located along the Chao Phraya River, the museum is home to many ceremonial barges. The barges are only used for special occasions so this is a chance to catch a rare glimpse of their ornate decorations and symbolic features.

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 3

## Surat Thani/Khao Sok

See southern Thai hospitality in action with breakfast at G Adventures-supported Khao Thep Pitak Community-Owned Farm & Restaurant, where you can also meet other international visitors. Later on, go to Lake Cheow Lan where you can take in the views while hiking or swimming in the national park. Spend tonight falling asleep to the sweet sounds of the jungle.

This area is known for its natural beauty. You know what that means: lots of chances for photos.



### Meals included

Breakfast | Lunch



### Accommodation

Khaosok Rainforest Resort (or similar)

Resort



### Today's Activities

Private Vehicle

Surat Thani - Khao Sok

1h30m

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

#### ACTIVITY

Indulge in traditional Southern Thai cuisine prepared by members of Kao Thep Pitak village. Your meal will be made with ingredients picked from local organic farms and a fruit orchard on the property. Over 140 families benefit from the community-owned and managed eatery through the Kao Thep Pitak Community Ecotourism Enterprise, supported by Planeterra and G Adventures.

Lake Cheow Lan Excursion

Khao Sok

6h-8h15m

Board a longtail boat for a tour of Cheow Lan Lake, taking in views of the limestone cliffs and lush jungle along the way. Stop in at a floating rafthouse for a delicious local lunch and opt to go for a swim, go tubing, or paddle out in a kayak.

Private Vehicle

Khao Sok

1h

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

Free Time

Khao Sok

Opt for a trek, a dip in the river, or kick back and chill by the pool.

---



### Optional Activities - Day 3

Hiking

Khao Sok

Discover one of the oldest rainforests in the world on foot. Join a tour or hire a private guide and choose from a variety of treks throughout the national park. Keep an eye out for the area's diverse flora and fauna.

Swimming

Khao Sok

Take a dip in Cheow Larn Lake and the Kao Sok River.

Khao Sok National Park Visit

Khao Sok

Explore the valleys, lakes, caves, and mountains of this national park, all nestled within the lush rainforest. Spot wildlife like monkeys, elephants and hornbills on a jungle trek or paddle through Lake Cheow Larn to marvel at limestone cliffs and see the floating bungalows.

Tubing

Khao Sok

400THB

Grab a tube and enjoy how the locals like to beat the heat - by floating down the river!

Day 4

## Khao Sok/Koh Pha Ngan

Head across southern Thailand to find yourself in Koh Pha Ngan. Take the free afternoon to relax on the beach or by the pool – which will be easy since tonight, you'll be staying beachside or poolside in cozy bungalows.

This area is known for its epic nightlife, whether or not there's a Full Moon Party. Make sure you don't miss the sunset. It'll be unforgettable.



### Meals included

Breakfast



### Accommodation

Delight Resort (or similar)

Resort



### Today's Activities

Private Vehicle

Khao Sok - Don Sak

2h30m

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

Ferry

Don Sak - Koh Pha Ngan

2h30m

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Note: During seasonal monsoon rains from Nov-Jan, we sometimes have to alter our itinerary as ferries between the islands do not operate during heavy rain and strong waves.

Songthaew

Koh Pha Ngan

15m

Grab a seat on the bench aboard this uniquely Southeast Asian commuter bus.

Free Time

Koh Pha Ngan

Explore this island paradise and the surrounding sea.



## Optional Activities - Day 4

Swimming

Koh Pha Ngan

Jump in and enjoy the turquoise waters around Koh Pha Ngan.

Day 5

## Koh Pha Ngan

There's no rush to leave Koh Pha Ngan. Use your second day here to catch up on anything you missed yesterday, like exploring the island's waterfalls, swimming in lagoons, going for a hike, or, hey, taking another day to relax beachside.

---



### Accommodation

Delight Resort (or similar)

Resort

---



### Today's Activities

Free Time

Koh Pha Ngan

Get out and explore– the day is yours.

---



### Optional Activities - Day 5

Koh Pha-Ngan Waterfalls Exploration

Koh Pha Ngan

Hike to some local waterfalls and marvel at their beauty.

Yoga and Meditation Courses

Koh Pha Ngan

Get your inner Om on and take part in some of the more relaxing activities offered on the island.

Swimming

Grab your bathing suit and go for a refreshing swim.

Hiking

Koh Pha Ngan

Head out on some trails to explore the island at your own pace.

Day 6

## Koh Pha Ngan/Koh Tao

Take the ferry to Koh Tao, a laid-back island known for snorkelling. This afternoon, put on your flippers to see a whole other world underwater. Going beneath the surface not your thing? Go the other way and climb up to the scenic view at Koh Nang Yuan View Point.



### Meals included

Lunch



### Accommodation

Asia Divers Resort (or similar)

Hotel



### Today's Activities

Ferry

Koh Pha Ngan - Koh Tao

1h30m

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Private Vehicle

Koh Tao

30m

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

Koh Tao Snorkelling

Koh Tao

Get your fins on! There's an embarrassment of choices—but the better-known spots are: Hin Wong Bay, Mango Bay, Nang Yuan Island, South Mae Haad and Janson Bay.

Day 7

## Koh Tao

Make the most of your last full day in Koh Tao paradise. Spend the day soaking up the sun beachside and be sure to get your fresh seafood fix. For your big night out, venture into the bustling nightlife and cheers to life-changing adventures with newfound friends. If you want to keep the party going, participate in the massive Koh Tao Pub Crawl.

Want to discover the fascinating coral and marine life inhabiting the area? Pre-book the Try SCUBA Dive 1 Day Experience (2 dives) extra to take a dive guided by the experts.



### Meals included

Breakfast



### Accommodation

Asia Divers Resort (or similar)

Hotel



### Today's Activities

Free Time

Koh Tao

Start exploring the island with a free day. There are endless activities to fill your time both on and off the water.

#### ACTIVITY

Follow your CEO to the best beach bar in town to celebrate all the wild and humbling adventures you've just experienced with new friends.



### Optional Activities - Day 7

Try SCUBA Dive 1 Day Experience (2 dives)

Koh Tao

This one day SCUBA dive experience is perfect for first-time divers or even those who want to experience one of the world's most famous diving locations. Join your professional instructor on board your boat as they share their knowledge on how to have a safe and unforgettable experience while also familiarizing yourself with the equipment. Once you're all set, take the plunge into the beautiful underwater world and discover the varied coral and marine life that inhabit the area. The program includes two dives, but if you're eager for more then the good news is that you can use the second dive as credit towards your Open Water Certification!

Today, it's time to say goodbye to your group of newfound friends as the tour ends. Be sure to sneak in some last-minute photos and cheers before you head on your way. If booking a flight out of Koh Samui airport, make sure not to book one earlier than 11:00am.

Want to take the hassle out of getting back to Bangkok? Book the Bangkok Express, a two-day post-tour Extra. Speak to your Global Connection Officer or travel agent to book.

Add the “Bangkok Express: Koh Tao to Bangkok” to your adventure and make your way back to bustling Bangkok with the guidance of a CEO. This nifty post-tour Extra includes a ferry to the mainland where you'll board an overnight train to Bangkok arriving in the city early the next morning. Speak to your Global Connection Officer or travel agent to book.



## Meals included

Breakfast



## Today's Activities

Departure Day

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



## Optional Activities - Day 8

Bangkok Express: Koh Tao to Bangkok

Koh Tao - Bangkok

Want to take the hassle out of getting back to Bangkok? Book the “Bangkok Express: Koh Tao to Bangkok” post-tour Extra and make your way back to bustling Bangkok with the guidance of a CEO. On the final day of the tour, hop on a ferry back to the mainland and board an overnight train to Bangkok, arriving the next morning.

## What's included

- Your G for Good Moment: Kao Thep Pitak Community-Owned Farm & Meal, Ban Ta Khun
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: Bangkok
- Your Big Night Out Moment: Beach Bar, Koh Tao
- Street food crawl
- Lake Cheow Larn excursion
- Snorkelling trip (Ko Tao)
- Beach time on Thai islands
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Explore bustling Bangkok, enjoy the natural beauty of Khao Sok National Park, relax on the white-sand beaches of Ko Tao and Ko Phangan, spot coral and marine life while snorkelling

## Itinerary Notes

Effective May 1, 2025, all travelers entering Thailand through air, land, or sea must complete the Thailand E-Arrival form. You must register at least 3 days before arrival. Please see Trip Details for more information.

## What are the main highlights of this trip?

Explore bustling Bangkok, enjoy the natural beauty of Khao Sok National Park, relax on the white-sand beaches of Ko Tao and Ko Phangan, spot coral and marine life while snorkelling

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

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

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

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

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

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

## **Are there Itinerary notes?**

Effective May 1, 2025, all travelers entering Thailand through air, land, or sea must complete the Thailand E-Arrival form. You must register at least 3 days before arrival. Please see Trip Details for more information.

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

### **1. COMBO TRIP**

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

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

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

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

Max 18, avg 12.

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

5 breakfasts, 2 lunches

## **What are the meals like on this trip?**

Eating is a big part of traveling. Traveling 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 others company. There is no obligation to do this though. Your CEO will be able to suggest favorite restaurants during your trip. Included breakfasts will usually be Asian style consisting of noodles or rice soup 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, air-con bus, boat, tuk tuk, songthaew, taxi, ferry.

## **What transportation will we take on this trip?**

As the popularity of train travel in Thailand continues to grow domestically, some of the routes used on this tour do not have sufficient space during local public holidays, including New Year's, Songkran (April 13-15), etc. During these times of the year, alternative transport may be arranged for one or more of the train journeys on this tour.

## 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?

Simple hotels (twin-share) (5 nts), sleeper train (1 nt), triple-share accommodations with same sex (1 nt).

## 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.

Some nights on this tour will be triple share with travellers of the same sex.

For private accommodation please see our Classic Travel Style.

## What are the joining instructions?

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

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

Suvarnabhumi Airport (BKK): If you have paid in advance for an arrival transfer, a G Adventures representative will be waiting at the Meeting Point (when you exit to the Arrival Hall, please go to Gate/Exit 4 in the hall, near the airport information counter (AOT) and look for a hand-sign with G logo and your name on it.)

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 CEO, please refer to our emergency contact details.

If you have pre-booked an airport transfer please meet your driver at gate number 4 of the airport, in the arrival hall. Look for a driver holding a G Adventures sign with your name.

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

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

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

### AIRPORT TRANSFER

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

Your arrival transfer has been arranged based on flight information provided to us. 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 Bangkok 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

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

## 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 travelers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when traveling 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 home-stays, 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.)

### Marine:

- Drybag (Will help keep cameras and essentials dry)
- External battery pack
- High UV sunscreen
- Locks for bags
- Motion sickness tablets
- Sandals/flip-flops (Extra pair of deck shoes or sandals recommended)
- Sarong
- Small travel towel
- Snorkel gear (optional) (Only if own equipment is preferred.)
- Sun hat/bandana

### 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

## 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.

Information is accurate as of April 1st, 2025.

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

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

## 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 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 International and Domestic tickets in Thailand.

## 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?

### Bangkok

- Wat Po Visit
- Klong Riverboat Tour
- Thai Massage (15-30USD per person)
- Entrance - Royal Barge Museum (3.50USD per person)
- Grand Palace Visit (500THB per person)

### Khao Sok

- Hiking
- Swimming
- Khao Sok National Park Visit
- Tubing (400THB per person)

### Koh Pha Ngan

- Swimming
- Koh Pha-Ngan Waterfalls Exploration
- Yoga and Meditation Courses
- Swimming
- Hiking

### Koh Tao

- Try SCUBA Dive 1 Day Experience (2 dives)
- Bangkok Express: Koh Tao to Bangkok

## 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 CEO's are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveler 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 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 prostitutes 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 use prostitutes.

## 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?

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/tank-tops when visiting villages, temples, mosques or other holy sites. In Southern Thailand topless or nude sunbathing is not allowed or appropriate and in some Muslim villages passengers should swim using a sarong or a long t-shirt to cover up their swimsuit.

## 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/](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?

Minimum age of 18 years for this trip.

## 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.