



## Thailand Discovery

18 days, Bangkok to Bangkok

Trip code ATDT

### What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Chiang Mai

- Your Foodie Moment: Cooking Class, Chiang Mai
- Your Discover Moment: Bangkok
- Your Local Living Moment: Koh Klang Homestay, Ko Klang
- Both itineraries: Klong boat tour (Bangkok)
- Wat Po entrance and guide
- Bicycle trip around historical Sukhothai (half-day)
- Opium Museum entrance (Chiang Rai)
- Elephant Conservation Centre visit
- Doi Suthep temple entrance (Chiang Mai)
- Local khantoke-style meal in Chiang Mai
- Internal flights
- All transport between destinations and to/from included activities
- West Coast: Koh Klang village tour
- Local island homestay
- Free time on spectacular beaches
- East Coast: Snorkel trip
- Free time on spectacular beaches

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 January 1st, 2015 - December 31st, 2019

# Itinerary



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

## Itinerary Notes

This trip has seasonal itineraries due to monsoon season on the west coast. Please note the correct itinerary for the departure you're travelling on.

Day 1

## Bangkok

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

## Bangkok/Sukhothai

Take a guided longboat tour of Bangkok's klongs and Wat Po before travelling to Sukhothai.

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### Meals included

Breakfast

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### Today's Activities

Life along the canals

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 Guided Tour

Bangkok

Immerse yourself in Thai Buddhist culture and visit the famous giant 46m (151ft) reclining Buddha, covered in gold leaf. Relax with a traditional Thai massage at the country's leading school of massage at Wat Po.

Local Bus

Bangkok - Sukhothai

6h-7h

422km

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

Day 3

## Sukhothai

Take a half-day guided bike tour of Sukhothai Historical Park and explore the area with some free time.

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### Meals included

Breakfast



## Today's Activities

Sukhothai Bicycle Tour

Sukhothai

Cycle through this ancient royal capital, now a UNESCO World Heritage Site, on a half-day tour. Get a close-up look at the remains of numerous temples, a royal palace, and Buddha figures dating back to the mid-13th century.

Free Time

Sukhothai

Opt to visit a nearby village, Wat Saphan Hin, or Sukhothai Historical Park. It's Thailand—make time for a massage!



## Optional Activities - Day 3

Massage

Sukhothai

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

Day 4

## Sukhothai/Lampang

Arrive at Lampang in the afternoon, in time for an optional traditional horse cart ride through town.



## Meals included

Breakfast



## Today's Activities

Local Bus

Sukhothai - Lampang

4h

213km

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

Free Time

Lampang

Make the most of this northern Thai city by visiting one of its striking temples.

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## Optional Activities - Day 4

Horse Cart Ride

Lampang

Take a trip to the past in a charming horse-drawn carriage. This ancient mode of transportation has survived the ages and is still commonly used by Lampang locals.

Day 5

## Lampang/Chiang Rai

Visit the Elephant Conservation Centre before continuing on to the Golden Triangle.

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## Meals included

Breakfast

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## Today's Activities

Private Vehicle

Lampang - Chiang Rai

5h

315km

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

Day 6

## Chiang Rai

Visit the town of Mai Sai and the Opium Museum.

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## Meals included

Breakfast



## Today's Activities

Mae Sai Visit

Mae Sai

Visit Thailand's northernmost town, situated on the border with Myanmar. Meet local Burmese traders and pick up some souvenirs. Opt to visit the Tham Pla caves or climb the hill to Wat Phra That Doi Wao for an incredible vista.

Opium Museum Visit

Chiang Rai

Located in the Golden Triangle, once known for its opium trade, the Hall of Opium Museum tells the 5,000-year history of the substance. Learn about the drug's first uses and how it spread across the world through interesting and educational exhibits.

Day 7

## Chiang Rai/Chiang Mai

Travel to Chiang Mai and take a guided tour of Doi Suthep temple.



## Meals included

Breakfast



## Today's Activities

Private Vehicle

Chiang Rai - Chiang Mai

6h

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

Doi Suthep Temple Tour

Doi Suthep - Chiang Mai

Climb the 300-step naga (mystical serpent) staircase to one of northern Thailand's most sacred temples, or opt to take a cable car and enjoy the view. Learn all about Doi Suthep's history from a local guide - built on top of a mountain, the temple sits among pagodas, statues, bells and shrines.



Enjoy free time to explore Chiang Mai. Opt for a bicycle tour, a visit the Mae Sa waterfall, shopping at the night market, or getting a traditional Thai massage. Learn about Thai cuisine with an included local market tour and cooking class, feasting on the results.

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## Meals included

Breakfast | Dinner

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## Today's Activities

### ACTIVITY

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

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## Optional Activities - Day 8

Chiang Mai Cycling Tour

Chiang Mai

1500THB

10-13km

This Chiang Mai half-day ride takes you on a memorable tour of the countryside's most interesting sights. You'll go beyond the city to see local Buddhist temples, markets, organic farms, rice paddy fields and more. Get a sense of how the locals live, stop when you want for photos, and check out the nature along the city's main river, the Ping.

Mae Sai Waterfall Visit

Chiang Mai

Admire the eight tumbling tiers of this waterfall located in the lush forest of Doi Suthep-Pui National Park. Opt to pack a picnic and spend the day relaxing and swimming in this refreshing environment.

Massage

Chiang Mai

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

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.

Day 9

## Chiang Mai/Bangkok

Explore more of Chiang Mai before taking an overnight train to Bangkok.

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### Meals included

Breakfast

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### Today's Activities

Basic Overnight Train (beds)

Chiang Mai – Bangkok

12h-13h

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

Day 10

## Bangkok

Head out and explore all you can in this sprawling city.

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### Meals included

Breakfast

Day 11

## Bangkok/Ko Klang

After a short flight to Krabi, head to a homestay on Koh Klang. Visit a local government-supported project to help build local communities, then relax and soak in the southern Thai culture.

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### Meals included

Breakfast | Dinner



## Today's Activities

Plane

Suvarnabhumi Airport – Krabi Airport

1h30m

Transfer about 1hr to the airport in Bangkok for the short flight to the south. On arrival, drive about 45 mins to Koh Klang.

### ACTIVITY

Get a little closer to the local way of life with a homestay on the island of Koh Klang. Meet friendly locals and learn about authentic southern Thai culture in this traditional fishing community.

Koh Klang Village Tour

Ko Klang

Stop at a local OTOP (government project called 'One Tambon One Product'). Thailand is made up of of sub districts, which are also known as tambons. In order to help build local communities, each tambon has uniquely made and marketed products that are promoted and sold all over the world. We'll be able to see what this particular local community is producing and learn a bit more about the initiative.

Koh Klang Boat Trip

Ko Klang

Cruise around the islands and experience this piece of paradise from a new perspective.

Day 12

## Ko Klang/Krabi

Travel by private boat to Ao Nang beach. From here, opt to sunbathe, kayak, snorkel, or dive. In the evening, enjoy the bars and restaurants in the area.

After breakfast, take a private boat to Jao Fah Pier and drive to Ao Nang beach in Krabi. En route to catch the boat, stop at the local Department of Fisheries.

Ao Nang in Krabi is a virtual paradise for anyone looking for relaxation or adventure. White sandy beaches with swaying coconut palms, incredible cliffs, and heaps of exciting excursions provide entertainment in all forms.

Try kayaking, snorkelling, or diving, or choose to lounge on the beach. The small village of Ao Nang still retains its tranquil pace of life, while offering a host of shops, bars, and charming restaurants.



## Meals included

Breakfast

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## Today's Activities

Boat

Ko Klang – Ao Nang

Travel to Ao Nang Beach, stopping along the way.

Department of Fisheries Visit

Krabi

Learn about fish in the Andaman Sea, mangrove forests, and local ecotourism of the Krabi area.

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## Optional Activities - Day 12

Snorkelling

Ao Nang

Grab a mask and snorkel and get to know the local marine life.

Kayaking

Ao Nang

Head out to enjoy the scenery from sea level. Get a little exercise in this tropical paradise.

Diving

Ao Nang

Choose a dive shop and head out to explore the reefs in the area.

Day 13

## Krabi

Spend the day in Krabi, exploring all the area has to offer.

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## Meals included

Breakfast | Lunch



## Today's Activities

Free Time

Krabi

Krabi is a mecca for outdoor activities. Pick a few and dive right in.

Island Hopping Snorkelling Tour

Bamboo Island

Hop from island to island in this idyllic boat tour, and get to know the local marine life en route with stops for snorkelling.



## Optional Activities - Day 13

Snorkelling

Ao Nang

Grab a mask and snorkel and get to know the local marine life.

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.

Kayaking

Ao Nang

Head out to enjoy the scenery from sea level. Get a little exercise in this tropical paradise.

Diving

Ao Nang

Choose a dive shop and head out to explore the reefs in the area.

Day 14

## Krabi/Railay Beach

Stay one night in a guesthouse on Railay Beach. This area boasts plenty of activities such as sea kayaking, diving, snorkelling, jungle trekking, cooking, whitewater rafting and quad biking. Feel free to lounge on the beach, too.



## Meals included

Breakfast

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## Today's Activities

Boat

Krabi – Railay Beach

Climb aboard and get your float on.

Free Time

Railay Beach

Get active or get lazy– the choice is yours.

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## Optional Activities - Day 14

Kayaking

Railay Beach

Head out by kayak to get a little exercise while soaking in this tropical paradise.

Diving

Railay Beach

Go further afield and check out what marine life lives off these beautiful coasts.

Jungle Trekking

Railay Beach

Head out for a hike through the lush jungle in the area.

Snorkelling

Railay Beach

Get up close and personal with the local marine life while snorkelling in the gorgeous blue water.

Day 15

## Railay Beach/Koh Lanta

Travel to Koh Lanta. Enjoy two days on one of the more tranquil beaches in the area. Opt to relax, snorkel or explore.



## Meals included

Breakfast

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## Today's Activities

Ferry

Railay Beach – Koh Lanta

2h

Transfer to the ferry and on the other end in Koh Lanta.

Free Time

Koh Lanta

Spend the day exploring this island paradise.

Day 16

## Koh Lanta

Spend the day on Koh Lanta. Opt for a day trip to nearby Koh Rok.

Opt for a day trip to nearby Koh Rok where you can snorkel at Koh Rok's national park, trek to a view point and enjoy a picnic lunch.

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## Meals included

Breakfast

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## Today's Activities

Free Time

Koh Lanta

Explore all this place has to offer.



## Optional Activities - Day 16

Ko Rok Day Trip

Ko Lanta – Ko Rok

Head to Ko Rok for the day. Opt to snorkel in Ko Rok's national park, trek to a view point and enjoy a picnic lunch.

Day 17

## Koh Lanta/Krabi

After a lazy beach morning, transfer to the train station for an overnight train to Bangkok.



## Meals included

Breakfast



## Today's Activities

Free Time

Koh Lanta

Soak up the last few hours in paradise.

Ferry

Koh Lanta – Krabi

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

Private Vehicle

Krabi – 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.

Arrive at Bangkok station in the morning. Trip ends on arrival.

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Chiang Mai
- Your Foodie Moment: Cooking Class, Chiang Mai
- Your Discover Moment: Bangkok
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## What are the main highlights of this trip?

Explore Buddhist temples and palaces, relax on a stunning beach, snorkel through crystal-clear waters, savour a home-cooked khantoke-style meal at a local home in Chiang Mai

## Itinerary Notes

This trip has seasonal itineraries due to monsoon season on the west coast. Please note the correct itinerary for the departure you're travelling on.

## What are the main highlights of this trip?

Explore Buddhist temples and palaces, relax on a stunning beach, snorkel through crystal-clear waters, savour a home-cooked khantoke-style meal at a local home in Chiang Mai

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

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

## 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?

This trip has seasonal itineraries due to monsoon season on the west coast. Please note the correct itinerary for the departure you're travelling on.

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

### **1. COMBO TRIP**

Please note that this trip is a combination of multiple G Adventures tours. As such, the staff and/or particular vehicles operating your tour may change between tour segments. You may also expect some group members to join or leave the tour, between tour segments.

### **2. LUGGAGE**

There is usually a max weight limit of 15kg (33lbs) on the internal flight in Thailand. Passengers are responsible for any excess luggage charges.

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

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

## **What is the maximum and typical number of participants on this tour?**

Max 15, avg 12

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

16 breakfasts, 1 lunch, 2 dinners

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

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

Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. While trekking in remote regions, food is included, plentiful and made of fresh local ingredients. For all trips, please refer to the meals included and budget information.

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, public bus, walking, songthaew, bicycle, longtail boat, plane.

## **Are local flights included in the cost of the trip?**

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

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

We believe 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?**

West Coast: Hotels/guesthouses (14 nts), sleeper trains (2 nts), homestay (1 nt). East Coast: Hotels/guesthouses (15 nts), sleeper trains (2 nts)

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

; Nights 8 & 16, Sleeper Train

## What should I expect from the accommodations on this trip?

A variety of styles of hotels/guest houses are used on this trip. In many instances they might not be like what you are used to back home as service and efficiency can vary. In some areas we stay in simple local guest houses in stunning locations - rooms are small and simple and there may only be shared toilet facilities and showers.

## What 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?

When arriving at Suvarnabhumi Airport (pronounced 'su wan na poom') in Bangkok proceed to the Arrivals Hall where you can change money into Thai Baht. (You may be approached by nicely dressed, official looking touts offering an expensive limousine service to your hotel; ignore these offers.)

You have three transport options; public bus, the Airport Train & MRT or public taxi. All transportation is located on the 'ground' floor.

### Public Bus

The Airport Bus operates 4 bus routes to downtown for a cost of 150 Baht for the entire route. Bus AE2 goes to Banglamphu and Bus AE4 goes to Hua Lamphong train station. Our hotels are located in both the Bang Lamphu and Hua Lamphong areas.

### Taxi

The airport is located 30km's away from downtown Bangkok. Approach the taxi counters, advise them where you are going and they will write this information down for you along with the taxis registration details. Taxis should always use the meter and you are required to pay a 50 Baht airport surcharge on top of the metered fee plus any tollway fees (approx 75 Baht depending on the route taken). Total journey will cost between 350 THB – 500 THB, depending on traffic and toll fees.

The expressway is substantially faster, so tell the taxi driver to use the expressway, you can say either ""kuen ton-way"" (from 'tollway') or ""kuen taang duan"" in Thai (but most understand Tollway/express way in English).

### Airport Train

If you are staying at the Centra Central Station Bangkok, you can take the Airport Train. Board the express airport train at a cost of 150 THB to the City Air Terminal; Makkasan. Here you will need to disembark and change to the MRT (subway) Blue line, boarding at Phetchaburi Station. From Pethaburi Station travel to the last stop, Hua Lamphong, and follow the signs for Exit 1. Once out, walk 2-3 minutes. The hotel is located across the road.

**Arrival Transfers** If you have paid for an arrival transfer when you booked your trip then please proceed to gate number 10 in the arrivals hall and look for the driver who should be holding a G Adventures sign.

Please note, the hotel lobby is located on the top floor of the building. When arriving at the Hotel Centra Central Station Bangkok, take the elevators up to the top floor, check in and then proceed to your room.

## **What should I do if I can't find my airport transfer or experience arrival issues?**

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details.

If you have pre-booked an airport transfer please meet your driver at gate number 10 of the airport, in the arrival hall. If for any reason you can not locate your driver please call the emergency transfer phone number at +66 (0) 800 562777.

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 do I contact for arrival issues or in the event 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 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.

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

G Adventures Office Bangkok, Thailand (24/7)

From outside Thailand: +66 92 338 9222

From within Thailand: 092 338 9222

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 are the packing guidelines and luggage restrictions?

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

# What should I pack for this trip?

- Passport (with photocopies)  
Travel insurance (with photocopies) Airline tickets (with photocopies) Credit or debit card (see personal spending money) G Adventures vouchers, pre-departure information and dossier Any entry visas or vaccination certificates required  
Alarm clock Flashlight  
Sunblock/Sun hat Sunglasses  
Insect Repellent Water bottle  
Small towel and swim wear  
Toiletries (biodegradable) Sturdy walking shoes/Sport sandals  
Money belt Shorts Long trousers  
Hiking pants/track pants Shirts/T-shirts Rain gear Rain jacket or poncho Umbrella Warm clothing Fleece jacket or warm layer Hat Gloves Cover for backpack or plastic bags to keep clothes dry. Clothes for temples – long pants or sarongs.  
Sleep sheet for trekking or sea safari trips. Thermarest or sleeping mat and travel pillow for trekking or sea safari trips.  
Snorkel gear – optional (also available for hire) Camera and film Reading/writing material  
Binoculars Pocketknife First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking).

## Where 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.

## 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!

## **What emergency funds do I need access to 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 China, Thailand and Vietnam.

## **What are the tipping guidelines for this 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?

## Sukhothai

- Massage

## Lampang

- Horse Cart Ride

## Chiang Mai

- Chiang Mai Cycling Tour (1500THB per person)
- Mae Sai Waterfall Visit
- Street Food Walk at Chiang Mai Night Market
- Massage

## Ao Nang

- Snorkelling
- Diving
- Kayaking
- Rock Climbing

## Railay Beach

- Kayaking
- Jungle Trekking
- Diving
- Snorkelling

## Ko Lanta

- Ko Rok Day Trip

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

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## What general safety tips and free-time guidelines should I follow?

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/)

## Are there any specific safety considerations for this itinerary?

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 are the mandatory group rules regarding laws and behaviour?

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.

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

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

## What are the mandatory travel insurance requirements for this 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/tanktops when visiting temples or mosques or other holy sites. In Pakistan we recommend a head scarf for women while walking around.

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

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and 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. Please visit <http://www.gadventures.com/evaluations>

## 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.

## What are the age restrictions for 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 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.