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This West Coast itinerary is valid for departures between Nov-Apr. To view THAILAND ENCOMPASSED – EAST COAST ISLANDS [click here](#).



Last Updated: January 8, 2019



Thailand Encompassed

24 days, Bangkok to Bangkok

Trip code ATFT

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Overnight Rafthouse Excursion, Kanchanaburi
- Your Discover Moment: Chiang Mai
- Your Foodie Moment: Cooking Class, Chiang Mai
- Your Local Living Moment: Village Homestay, Lampang
- Klong boat tour (Bangkok)
- Wat Po guided visit

- Erawan Falls and Bridge on the River Kwai visit (Kanchanaburi)
- Temple ruins tour (Ayutthaya)
- Thai Burma Railway Centre visit
- Doi Suthep temple visit (Chiang Mai)
- Trek to remote hilltribe villages (3 days)
- Lod Cave visit and bamboo rafting
- Free time to explore Chiang Mai
- Mae Sai visit (Chiang Rai)
- Opium Museum visit
- Bicycle tour (half-day, Sukhothai)
- West Coast: Beach barbecue (Koh Lanta)
- Snorkel trip (Koh Ngai)
- Free time on spectacular beaches
- East Coast: Snorkel trip
- Free time on spectacular beaches
- Internal flight
- All transport between destinations and to/from included activities

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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.

VALIDITY: Valid for all trips departing June 23rd, 2015 - December 31st, 2016

Itinerary



Itinerary Notes

Please be advised that a 2-week period of traditional slash and burn farming occurs in this region between March and April (start date varies). During this time your trek may follow an alternate route to avoid uncomfortably smoky areas.

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.



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/Kanchanaburi

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



Meals included

Breakfast | Dinner



Today's Activities

Klong Riverboat Tour

Bangkok

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

Wat Po Visit

Bangkok

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

Private Vehicle

Bangkok - Kanchanaburi

2h-3h

130km

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

ACTIVITY

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

Day 3

Kanchanaburi

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



Meals included

Breakfast



Today's Activities

Private Vehicle

Kanchanaburi – Nam Tok Erawan

1h-2h

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

Erawan Waterfalls

Nam Tok Erawan

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

Bridge on the River Kwai Visit

Kanchanaburi

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

Thai/Burma Railway Centre and Allied War Cemetery Visit

Kanchanaburi

Visit the Thai-Burmese Railway Museum to learn about the Death Railway's dark history, and the Allied War Cemetery where more than 6,000 prisoners are buried.

Day 4

Kanchanaburi to Ayutthaya

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



Meals included

Breakfast



Today's Activities

Private Vehicle

Kanchanaburi - Phra Nakhon Si Ayutthaya

2h

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

Temple Ruins Tour

Phra Nakhon Si Ayutthaya

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



Optional Activities - Day 4

Chan Kasem National Museum Visit

Phra Nakhon Si Ayutthaya

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

Chao Sam Phraya Museum Visit

Phra Nakhon Si Ayutthaya

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

Day 5

Ayutthaya to Chiang Mai

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



Today's Activities

Free Time

Phra Nakhon Si Ayutthaya

Enjoy free time exploring all Ayutthaya has to offer.

Basic Overnight Train (beds)

Phra Nakhon Si Ayutthaya - Chiang Mai

12h

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

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

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



Today's Activities

Free Time

Chiang Mai

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

Private Vehicle

Chiang Mai - Doi Suthep

45m

30km

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

Doi Suthep Temple Visit

Doi Suthep - Chiang Mai

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



Optional Activities - Day 6

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 7

Chiang Mai/Ban Pha Mon

Drive from Chiang Mai to the trailhead. Trek through farmland and bamboo and teak forests. Learn about bush food and medicinal plants. Enjoy lunch en route before continuing through rice fields and valleys to reach the first village of a Lahu tribe. Assist with food prep and cooking, learn about weaving and embroidery or check out a local Lahu massage.

Tucked away in the hills of northern Thailand is where the most colourful and unchanged traditional communities can be found. Trek through forests and rural terrains to visit some of these diverse hilltribe villages; often, each will have their own unique language, clothing style, and belief system that differs significantly from those of neighbouring tribes. You are well looked after by your CEO and local guides, who take the responsibility of preparing all meals and carrying food supplies.

The exact itinerary of the walking on this trip may change from time to time, taking into account the weather and local conditions. Also, please note there may be times when the use of video and/or still cameras may be inappropriate -- your CEO and guides will be able to advise you. Be prepared for the accommodation to be basic; remember, it's all about an authentic and unique experience!



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Chiang Mai - Ban Mae Malai

4h

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

Hilltribe Trek Day 1

Ban Mae Malai - Ban Pha Mon

3h30m

7km

Hit the road early in the morning to head to the trailhead. Start the trek through forests and rugged terrain that winds itself around various hilltop villages. Trek from Huay Nam Dung National Park to Ban Pha Mon, a Lahu village.

Day 8

Ban Pha Mon/Ban Muang Pam

Trek between villages, over farmlands and grasslands, and ascend to the ridge line. Learn about bush medicine and seasonal fruits as you make your way to the lunch stop. Go for a swim and help the local guides prepare lunch. Continue on to the Karen village and spend the night. Opt to learn about medicine from a shaman or play football with the locals.

Trek for about six hours and between villages, over farmlands and grasslands and ascend to the ridgeline. Learn about bush medicine, seasonal fruits and plants and seeds. Slip on your wet shoes and descend to the Huew Hin Poon Creek for lunch.

Here, go for a swim and help the local guides make a friction fire and prepare lunch. Continue another hour and a half to the jungle Buddhist temple outside the second village. Spend the night in the Karen village learn about wood carving, weaving and cooking. Opt to learn about medicine from a shaman or play football with the locals.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Hilltribe Trek Day 2

Ban Pha Mon - Ban Muang Pam

6h

12km

Trek to reach the lunch stop, taking in the beautiful scenery along the way. Enjoy lunch before carrying on to the Karen village of Ban Muang Pam. Here, discover more about local life, help prepare dinner, or learn about weaving and wood carving.

Day 9

Ban Muang Pam/Chiang Mai

After breakfast, leave the village and continue on, stopping at other villages along the way. Arrive at Tham Lod, a 1666m deep cave. Enter by bamboo raft and move to different chambers - a truly unique experience. After lunch, drive back to Chiang Mai for some free time to explore.



Meals included

Breakfast | Lunch



Today's Activities

Hilltribe Trek Day 3

Ban Muang Pam - Ban Tham Lot

3h

7km

After breakfast, leave the village and continue on, trekking beside the Pam River through lush jungle. Arrive at Tham Lod, a 1666m deep cave. Bamboo rafts are required to enter the cave and move to different chambers - a truly unique experience.

Pickup Truck

Ban Tham Lot - Chiang Mai

4h

Hop into the back and ride along to the next destination.

Free Time

Chiang Mai

Check out more of Chiang Mai.

Day 10

Chiang Mai

Enjoy free time to explore Chiang Mai. Opt for a bicycle tour, a visit the Mae Sai waterfall, shopping at the night market, or getting a traditional Thai massage. Enjoy a local cooking class with dinner.



Meals included

Breakfast | Dinner



Today's Activities

ACTIVITY

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



Optional Activities - Day 10

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.

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!

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.

Day 11

Chiang Mai/Chiang Rai

Travel to Chiang Rai and start exploring.



Meals included

Breakfast



Today's Activities

Private Vehicle

Chiang Mai - Chiang Rai

4h30m-5h

274km

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

Free Time

Chiang Rai

Enjoy some time to explore the area.

Day 12

Chiang Rai

Visit the town of Mae Sai and the Opium Museum.



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 13

Chiang Rai/Lampang

Continue on to Lampang and enjoy a homestay in a traditional Lanna village. Participate in craft demonstrations and opt to help prepare a local meal.



Meals included

Breakfast | Dinner



Today's Activities

Private Vehicle

Chiang Rai - Lampang

5h

315km

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

ACTIVITY

Experience life in a traditional village with a homestay. Take in idyllic views of mountains and rice fields. Get to know your hosts and enjoy participating in activities including weaving, carving, and farming. Savour fresh local meals with the group and opt to lend a hand in the preparation.



Optional Activities - Day 13

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 14

Lampang/Sukhothai

Take in traditional morning activities, followed by lunch in the village. Travel to Sukhothai and enjoy a free afternoon.



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Lampang - Sukhothai

4h

213km

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

Free Time

Sukhothai

Get out and explore.

Day 15

Sukhothai

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



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 15

Massage

Sukhothai

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

Day 16

Sukhothai/Bangkok

Travel to Bangkok and enjoy some time for last minute shopping.



Meals included

Breakfast



Today's Activities

Private Vehicle

Sukhothai - Bangkok

6h-7h

422km

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

Day 17

Bangkok/Ao Nang

Fly to Krabi and drive to nearby Ao Nang. Enjoy free time exploring the small town or relaxing on its beautiful beaches.



Meals included

Breakfast



Today's Activities

Free Time

Ao Nang

Set out to explore your beautiful surroundings.

Plane

Bangkok - Krabi

1h

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

Private Vehicle

Krabi - Ao Nang

30m

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



Optional Activities - Day 17

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.

Snorkelling

Ao Nang

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

Diving

Ao Nang

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

Kayaking

Ao Nang

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

Day 18

Ao Nang

Spend a free day in the area. Opt for a day trip to idyllic Railay Beach, to head out on a snorkelling trip or go rock climbing on the limestone karsts. This area boasts plenty of activities such as kayaking, diving, snorkelling, jungle trekking, whitewater rafting and quad biking.



Meals included

Breakfast



Today's Activities

Free Time

Ao Nang

Get out and explore.



Optional Activities - Day 18

Snorkelling

Ao Nang

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

Rock Climbing

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Kayaking

Ao Nang

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Diving

Ao Nang

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

Day 19

Ao Nang/Koh Lanta

Take a ferry to the secluded island of Koh Lanta. Enjoy some free time before a beach barbecue for dinner.



Meals included

Breakfast | Dinner



Today's Activities

Ferry

Ao Nang - Koh Lanta

2h15m

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

Free Time

Koh Lanta

Opt to relax, or get out and explore.

Day 20

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.



Meals included

Breakfast



Today's Activities

Free Time

Koh Lanta

Explore all this place has to offer.



Optional Activities - Day 20

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 21

Koh Lanta/Koh Ngai

Travel to tiny Koh Ngai and experience more of Thailand's pristine paradise. Opt to relax, snorkel or trek rainforest trails to deserted beaches.



Meals included

Breakfast



Today's Activities

Free Time

Koh Ngai

Get out and explore the tranquil beaches in the area.

Speedboat

Koh Ngai - Koh Lanta

1h

Cut swiftly through the water en route to the next stop (and hang on to your hat).

Day 22

Koh Ngai

Enjoy an included snorkelling trip to nearby Koh Chuek and experience the amazing Emerald Cave of Koh Mook.



Meals included

Breakfast



Today's Activities

Trang Islands Snorkelling Tour

Ko Ngai

Get to know the local marine life with this included snorkelling tour around the unspoilt Trang Islands. Hop over to Ko Chueak to experience the idyllic waters, admire scenic Ko Kradan, and explore the amazing Emerald Cave of Ko Mook.

Day 23

Koh Ngai/Bangkok

After a lazy beach morning, travel back to the mainland and board an overnight sleeper train for Bangkok.



Meals included

Breakfast



Today's Activities

Ferry

Koh Ngai - Trang

2h

Ferry to Pakmeng Pier, and continue on to Trang in a private transfer.

Basic Overnight Train (beds)

Trang - Sathani Rotfai Bang Sue

15h

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 24

Bangkok

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



Today's Activities

Departure Day

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

What's included

- Your Welcome Moment: Meet Your CEO and Group
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- Your Discover Moment: Chiang Mai
- Your Foodie Moment: Cooking Class, Chiang Mai
- Your Local Living Moment: Village Homestay, Lampang
- Klong boat tour (Bangkok)
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- Free time on spectacular beaches
- Internal flight
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Explore magnificent temples and palaces, Trek through remote villages of Northern Thailand and stay with the locals, Discover Tham Lod cave on a bamboo raft, Experience the 13th-century ruins of Sukhothai Historical Park from the seat of a bike, Enjoy quiet beaches and dramatic scenery on Southern Thai islands

Itinerary Notes

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

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Is there an itinerary Disclaimer?

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

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

Are there Itinerary notes?

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

PASSPORT DETAILS

G Adventures requires your passport number and date of birth before we can confirm your booking. Please make sure you give this information to your travel agent.

What is the group leader like?

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

How large will the group be?

Max 15, avg 12

What meals are included in this trip?

19 breakfasts, 4 lunches, 6 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap.

What are the modes of transportation on my trip?

Train, private vehicle, open pickup truck, trekking, raft, bicycle, longtail boat, ferry, plane.

What transportation will we take on this trip?

Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may have a local non English-speaking driver only, for included tours, you will be accompanied by an English speaking local guide.

Thai Trains: 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, 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?

West Coast: Hotels/guesthouses (17 nts), rafterhouse (1 nt), sleeper train (2 nts), basic huts (2 nts, multi-share), homestay (1 nt). East Coast: Hotels/guesthouses (17 nts), rafterhouse (1 nt), sleeper train (2 nts), basic huts (2 nts, multi-share), homestay (1 nt).

What kind of accommodation can I expect on this trip?

A variety of styles of hotels/guesthouses are used on this tour. 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 guesthouses in stunning locations – rooms are small and basic, may be multi-share, and there may 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.)

IMPORTANT NOTE

This trip could start in either Centra Central Station Hotel Bangkok or FX Makkasan Metrolink Hotel. Please make sure to check your tour vouchers for correct accommodation.

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

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 -125 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

Centra Central Station Bangkok:

If you are staying at the Centra Central Station Bangkok, you can take the Airport Train. Board the express airport train at the City Air Terminal at a cost of 150 THB. Here you will ride all the way along to Makkasan Subway station where you will need to disembark and change to the MRT Blue line, boarding at Phetchaburi Station.

From Phetchaburi 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. Please note, the hotel lobby is located on the 12th floor of the building.

FX Makkasan Hotel:

If you are staying at the FX Makkasan Metrolink Hotel, you can take the Airport Train. Board the express airport train at the City Air Terminal at a cost of 150 THB. Here you will ride the airport train all the way to Makkasan subway station. Disembark at Makkasan station and you will find FX Makkasan Metrolink Hotel right outside next to Phetchaburi MRT station.

Arrival Transfer

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you (go to gate number 10). Look for a driver holding a G Adventures sign with your name. 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 for that day other than your welcome meeting in the evening, so you can arrive at any time.

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

What happens if I experience problems when arriving?

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

Who should I contact in case of an emergency?

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

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures 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

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

From outside Thailand: +66 2 508 8630

From within Thailand: 02 508 8630

After hours emergency number

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What should I take on my trip?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. Most travellers prefer to carry a softbag or rolling bag of small to medium size can be suitable. If you have combined Independent trip with some other G Adventures trip (basic or standard) we recommend you to travel with a backpack. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If you don't know what type of clothes to bring, you can check different weather web sites. We also recommend you to bring sun protection creams (better to buy them at home, because ones in Thailand are produced for local types of skin).

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

Light Hiking:

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

Sleep Sheet and Pillow:

- Sleeping bag liner/sleep sheet
- Travel pillow

Warm Weather:

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

Wet Weather Trekking:

- Pack liners to waterproof bags
- Rain gear
- Waterproof footwear (For river crossings) Note: Please pack clothing for the season in which you will be travelling. From Nov-Feb weather can be cold, so please pack warm clothing. From May-Oct it is the wet season, so please bring waterproof clothing.

When can I do my laundry on this trip?

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

What 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.

How much spending money do I need for my trip?

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

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

During this tour the local 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 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.

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?

Phra Nakhon Si Ayutthaya

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

Chiang Mai

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

Lampang

- Horse Cart Ride

Sukhothai

- Massage

Ao Nang

- Rock Climbing
- Diving
- Snorkelling
- Kayaking

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.

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information about before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. 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.

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/

What are the trip specific safety considerations?

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 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/tanktops when visiting temples or mosques or other holy sites.

How can I share feedback about my trip experience?

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

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

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

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

How old must I be to join this trip?

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

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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