



Thailand Hike, Bike & Kayak

14 days, Bangkok to Bangkok

Trip code ATHB

What's included

- Your G for Good Moment: Laem Sak Community Tourism, Ban Laem Sak
- Your Welcome Moment: Meet Your CEO and Group

- Your Hands-On Moment: Batik Making Class, Laem Sak
- Bike riding around Bangkok
- Cycling in and around Kanchanaburi and Ayutthaya
- Overnight stay in a rafthouse
- Hilltribe village trek (3 days)
- Sea kayaking on the Andaman Sea
- Internal flight
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing September 1st, 2018 and onwards

Itinerary



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

Day 1

Bangkok

Arrive at any time.

Relax, explore the city, and adjust to the frenetic pace and humid heat of bustling Bangkok.

The welcome moment begins at 18:00. Please ensure you arrive at the joining hotel by then to ensure you do not miss the meeting.



Accommodation

Hotel Royal Bangkok @ Chinatown (or similar)

Hotel

The hotel is in a city centre neighbourhood and benefits from a rooftop pool with great views over the city. Facilities also include a restaurant, bar, sun terrace and fitness centre.



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 guided bike ride around Bangkok before travelling by private van to Kanchanaburi.



Meals included

Breakfast



Accommodation

Good Times Resort (or similar)

Hotel



Today's Activities

Bangkok Cycling Tour

Bangkok

3h-4h

Hop on a bike and explore the quieter side of busy Bangkok. Cycle through the city and see hidden temples and lush parks. Amazing street food vendors abound so be sure to stop for a bite and refuel.

Private Vehicle

Bangkok - Kanchanaburi

2h-3h

130km

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

Day 3

Kanchanaburi

Explore Kanchanaburi on a cycling tour and enjoy the unique experience of spending the night in a floating room at a resort along the banks of the River Kwai. Visit Erawan National Park and hike the many tiers of the famous waterfall and swim in the crystal-blue pools.

Tonight, sleep in a resort with floating rooms on the banks of the River Kwai! Enjoy time for swimming and relaxing, or hang out on the lower level in the common area for socializing.



Meals included

Breakfast | Dinner



Accommodation

Pung-Waan Resort (or similar)

Resort



Today's Activities

Kanchanaburi Cycling Tour

Kanchanaburi

3h

Admire limestone hills and see the sights of Kanchanaburi by bike. Stop to walk over the famous bridge on the River Kwai and visit the nearby war cemetery where about 7,000 POWs are buried.

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.

Day 4

Kanchanaburi to Ayutthaya

Afternoon transfer to Ayutthaya.



Meals included

Breakfast



Accommodation

Ayothaya Hotel (or similar)

Hotel



Today's Activities

Free Time

Kanchanaburi

Enjoy the last few hours in Kanchanaburi: take some photos and get ready for the trip to Ayutthaya.

Private Vehicle

Kanchanaburi - Phra Nakhon Si Ayutthaya

2h

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

Day 5

Ayutthaya to Chiang Mai

Enjoy an included cycling tour of Ayutthaya, a UNESCO World Heritage Site. Overnight train to Chiang Mai.



Meals included

Breakfast



Today's Activities

Ayutthaya Cycling Tour

Phra Nakhon Si Ayutthaya

3h

Cycle this UNESCO World heritage site, enjoy the ride through the ruins and hop off to take some great photos. Ayuthaya served as Thailand's capital from the 14th to 18th centuries, when it ranked as one of the most magnificent cities in the world. Late in the 17th century its population reached one million, and foreign visitors wrote awestruck accounts of its size and splendour.

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 in the morning before beginning the hilltribe trek. Experience the culture of northern Thailand with a homestay.

On arrival in Chiang Mai transfer to a guesthouse before meeting our local trekking guide. Freshen up and prepare for the adventure ahead.

Tonight enjoy a homestay with a local family. Accommodation is basic and multi-share (2-3 per home). Pillows, mattresses, duvets, and mosquito nets provided.



Meals included

Lunch | Dinner



Accommodation

Baan Pha-Lho Homestay (or similar)

Homestay



Today's Activities

Local Van

Chiang Mai - Chiang Dao

1h45m

Climb aboard, take your seat, and enjoy the ride.

Hilltribe Trek Day 1

Chiang Dao - Pha Lho

4h

After lunch, start walking uphill through lush rainforest, taking in the views along the trail. Arrive in Baan Pha-Lho, a Lahu hilltribe village, meet the local people and experience some of their day-to-day life. At twilight, enjoy a Lahu dining experience and stay overnight in bamboo huts.

Day 7

Pha Lho/Ban Mae Ma

Pack up and set off for the next village. The trek is longer today, the trail winds up and down on the way to a picnic lunch in the jungle. Afterwards, walk to the Lahu village of Ban Mae Ma for an overnight stay. Opt to experience a traditional herbal sauna.

Tonight's accommodation is multi-share in simple bungalows. Pillows, mattresses, duvets, and mosquito nets provided. Enjoy access to western toilets and showers.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Ban Mae Ma Homestay (or similar)

Homestay



Today's Activities

Hilltribe Trek Day 2

Pha Lho – Ban Mae Ma

5h-6h

14km

After breakfast, set off for a long and scenic day of trekking. Pass streams and a hidden waterfall as you walk through the jungle. Stop to enjoy a picnic lunch and a refreshing swim. Continue hiking before the transfer to Baan Mae Ma, a Lahu village, for an overnight stay. This evening share a meal with your hosts and relax by the campfire.



Optional Activities - Day 7

Massage

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

Day 8

Ban Mae Ma/Chiang Mai

After breakfast in the village, trek until reaching the end of the trail, passing rice fields and fruit plantations along the way. Enjoy a packed lunch along your transfer back to Chiang Mai.



Meals included

Breakfast | Lunch



Accommodation

Duangtawan Hotel Chiang Mai (or similar)

Hotel



Today's Activities

Local Van

Chiang Mai

1h30m-2h

Climb aboard, take your seat, and enjoy the ride.

Hilltribe Trek Day 3

Ban Mae Ma - Chiang Mai

3h-4h

6km

Set out for the final scenic trek! After completing the journey, we'll grab a packed lunch and transfer back to Chiang Mai.

Day 9

Chiang Mai/Ao Nang

Explore Chiang Mai in the morning before flying south to Krabi then transfer to Ao Nang.



Meals included

Breakfast



Accommodation

Deevana Krabi Resort (or similar)

Hotel



Today's Activities

Plane

Chiang Mai – Krabi

2h

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.

Day 10

Ao Nang

Board a traditional long tail boat and set off for the islands of Ko Hong and Ko La Ding. Snorkel and relax in paradise, stopping to enjoy a buffet lunch on the beach.



Meals included

Breakfast | Lunch



Accommodation

Deevana Krabi Resort (or similar)

Hotel



Today's Activities

Snorkelling

Ko Hong

6h-7h

Snorkel the reefs and lagoons of Ko Hong and Ko La Ding. Take breaks to lie on the white sand and soak up the sun.

Travel to scenic Bo Tor, hop in a kayak and get out on the river for a half day paddle. Devour lunch then transfer to the Laem Sak Community Resort. Enjoy a guided walk around the community and join locals for a hands on Batik Making Class before an included dinner.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Bulan Anda Baba Resort (or similar)

Resort



Today's Activities

Sea Kayak Bo Tor

Andaman Sea

2h

Kayak out on the river around the Muslim community of Bo Tor. Visit ancient cave paintings (including the incredible Tam Pee Hua Toe), mangrove forests and fishing villages. The route varies depending on group fitness, and how much time is spent at each stop.

ACTIVITY

Laem Sak is a culturally-diverse region of Southern Thailand where Buddhist, Muslim, and Chinese communities have lived peacefully together for generations. Members of the Laem Sak community have developed off-the-beaten-path activities based on their local cultures and the region's unique natural sites and species. Hop between villages and witness prehistoric paintings in limestone mountains.

ACTIVITY

Try your hand at the traditional technique of Batik and create your own piece of art as a keepsake. Opt to take guidance on traditional patterns or make up something of your own.

Enjoy a morning kayaking on protected waters, visiting ancient caves and local fish farms. After a picnic lunch on floating platforms, head into the mangrove channels for bird watching before returning for a BBQ dinner.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Bulan Anda Baba Resort (or similar)

Resort



Today's Activities

Sea Kayak Ko Laem and Ko Chong Lat

Andaman Sea

3h

After breakfast, start kayaking right from your doorstep. Weave through protected waterways and mangroves amongst limestone karst towers, paddle to ancient caves to view pre-historic paintings and join the local sea grape farmers as they plant and harvest—give the grapes a taste (seasonal)!

Day 13

Ban Laem Sak/Bangkok

Transfer from the resort to the train station for an overnight train to Bangkok.

After a leisurely morning at the resort we travel by private van to the station to board an overnight train to Bangkok.



Meals included

Breakfast



Today's Activities

Private Vehicle

Ban Laem Sak - Surat Thani

2h-2h30m

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

Basic Overnight Train (beds)

Surat Thani - Sathani Rotfai Bang Sue

9h-10h

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

Day 14

Bangkok

Trip ends on arrival at Bangkok train station.



Today's Activities

Departure Day

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

What's included

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What are the main highlights of this trip?

Cycle through busy Bangkok, Experience colourful Chiang Mai, Trek into remote hilltribe villages, Discover ancient Ayutthaya by bike, Learn about the somber history of Kanchanaburi, Kayak the Andaman Sea from Krabi

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

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VERY IMPORTANT: Please ensure that you 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.

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

WEIGHT RESTRICTION

There may be a weight restriction for the internal flight on this tour. Each passenger is allowed one checked bag with a maximum weight of 20 kg (44 lbs) and one carry-on bag with a maximum weight of 7 kg (15 lbs). Additional bags or excess weight charges may apply. These charges are the responsibility of the passengers.

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are 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 16, avg 10

What meals are included in this trip?

11 breakfasts, 6 lunches, 5 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. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs, this may vary depending on the city. 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 etc. food is included, plentiful and made of fresh local ingredients.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Train, walking, minibus, songthaew, local bus, bicycle, raft, plane, longtail boat, kayak.

What transportation will we take on this trip?

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

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?

Hotels/guesthouses (6 nts), community resort (2 nts, twin-share), hilltribe village homestay (2 nts, multi-share), Overnight train (2 nts), floating resort (1 nt, shared bathroom).

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.

Hilltribe village homestays: Accommodation is basic and multi-share. Pillows, mattresses, duvets, and mosquito nets provided. On Day 7 enjoy access to western toilets and hot showers.

Floating raft house: Accommodation is basic. Twin-share lockable fan rooms. Shared toilets and showers (cold water only).

What are the joining instructions?

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

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

Suvarnabhumi Airport (BKK): In Arrival Hall 2nd floor, look for AOT Limousine counter, your paging board (with G Adventure logo & your name) will be between Gate no.3 and no.4

If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

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

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 at 6 pm, where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

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

What happens if I experience problems when arriving?

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

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

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

Who should I contact in case of an emergency?

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

AIRPORT TRANSFER

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

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

EMERGENCY CONTACT NUMBERS

After hours emergency number

From outside Thailand +66 (0) 92 338 9222

From inside Thailand 92 338 9222

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

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

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

Are there any additional packing suggestions I should consider?

You will be on the move a good deal, so pack as lightly as possible (try to keep under 10 kg /22lb). It is in your own interest as you are expected to carry your own luggage, though distances will never be great. Most travellers carry their luggage in a pack, although an overnight bag with a shoulder strap would suffice. Suitcases are not recommended for G Adventures travellers! During the trek we leave our main piece of luggage at the guesthouse and collect it at the end of the trek. You will need to bring along a comfortable pack (about 30-35 litres/8-9 gallons) for trekking. This should be big enough to carry a spare set of clothes and basic necessities for the trek. Mosquito nets are provided on the trek. Please note there may be times during the trek when the use of video and/or still cameras may be inappropriate. Local people may consider that filming is too intrusive and in these circumstances we will request that you do not film. At all times be aware and sensitive to the impact of photography and seek permission before taking photographs of people and respect their wishes if they refuse.

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, band-aids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

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

Light Hiking:

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

Warm Weather:

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

When can I do my laundry on this trip?

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

What are the visas and entry requirements for my trip?

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

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

Thailand:

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

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

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

Information is accurate as of April 1st, 2025.

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

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

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

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

How much emergency money should I bring on this trip?

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

Do I need to pay a departure tax?

Departure Tax is included in all International and Domestic tickets in China, Thailand and Vietnam.

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?

Pha Lho

- Massage

Are there any health considerations I should know before travelling?

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

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

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your 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?

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

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Is travel insurance required for my trip?

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

What is Planeterra?

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

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

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

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

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

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

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites. In Pakistan we recommend a head scarf for women while walking around.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

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

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

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

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.