

## **Laos to Northern Thailand: Treks & Trails**

14 days, Vientiane to Bangkok

Trip code ALVT

## What's included

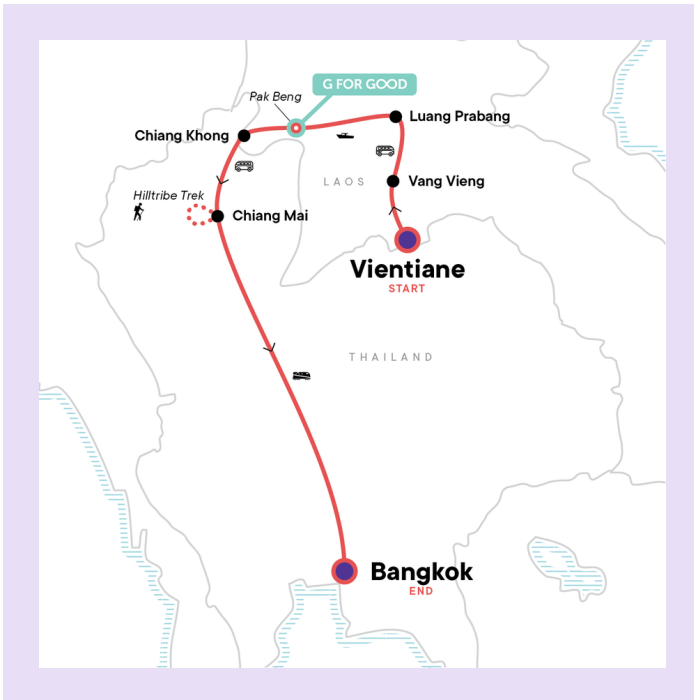
- Your G for Good Moment: Mekong River Homestay & Traditional Performance, Muang Pakbèng
- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Big Night Out Moment: Vang Vieng Nightlife, Vang Vieng
- Your Discover Moment: Luang Prabang
- Your Discover Moment: Chiang Mai
- Your Big Night Out Moment: Chiang Mai Celebration, Chiang Mai
- Guided hike in Vang Vieng
- Slow boat up the Mekong
- Orientation walk, Wat Phousi sunset trek, Kuang Si Waterfalls excursion and street food crawl in Luang Prabang
- Hilltribe trek
- Bamboo rafting
- 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 January 21st, 2020 and onwards

# Itinerary



## Itinerary Notes

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

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

Day 1

## Vientiane

Arrive at any time and welcome to Vientiane, Laos' laid-back capital.

After meeting your CEO and fellow travellers this evening, wander through the bustling night market along the Mekong River. Pick up a street beer or tea as you browse through the stalls of souvenirs and local delicacies. Follow your CEO to grab the best street food – or, you know, follow your nose.



### Accommodation

Vientiane Garden Boutique Hotel (or similar)

Hotel



### Today's Activities

#### ACTIVITY

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

#### 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.



### Optional Activities - Day 1

Wat Pha That Luang Visit

Vientiane

1USD

See Laos' national symbol and most important sacred monument, Pha That Luang (Great Stupa), completely covered in gold leaf. Every November, devoted Buddhists come here to celebrate Vientiane's most important festival, Bun That Luang, with parades, music, and religious ceremonies.

Day 2

## Vientiane/Vang Vieng

Travel to Vang Vieng, a small town nestled among striking limestone karsts and the Song River. Take a guided hike to a famous local view point for incredible views of the valley – no filter necessary. This evening, enjoy a night out to celebrate new adventures with new friends. Cheers to keeping life exciting!

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### Meals included

Breakfast

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### Accommodation

Thavisouk Riverside Hotel (or similar)

Hotel

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### Today's Activities

Private Vehicle

Vientiane – Vang Vieng

3h-4h

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

Vang Vieng Guided Hike

Vang Vieng

1h-2h

Set off on a guided hike to Pha Ngeun, the highest viewpoint in Vang Vieng. Enjoy beautiful views of the valley below, surrounded by rice paddies.

#### ACTIVITY

Follow your CEO to the best bar in town to celebrate new adventures with newfound friends. Enjoy a night out and immerse yourself in the Vang Vieng nightlife. Try your hand at some games, enjoy the music, and dance the night away.

Day 3

## Vang Vieng

Get the most out of Vang Vieng with a day to freely explore. Check out the caves by bicycle or trek through the countryside. Choose to kayak through Tham None cave and venture to the Blue Lagoon by booking the adrenaline bundle.

Pre-book the "Vang Vieng Adrenaline Bundle" on the checkout page ahead of time to include this excitement on your tour.



### Meals included

Breakfast



### Accommodation

Thavisouk Riverside Hotel (or similar)

Hotel



### Today's Activities

Free Time

Vang Vieng

Set off and explore the beautiful Vang Vieng area, or relax to your heart's content.



### Optional Activities - Day 3

Hiking

Vang Vieng

Set off along the banks of the river to explore nearby caves, countryside and meet local villagers to find out more about their way of life.

Bike Rental

Vang Vieng

4USD

Rent a bike and explore the countryside.

Vang Vieng Adrenaline Bundle

Vang Vieng

Head North of Vang Vieng where you'll grab a kayak and depart downstream on the NamSong river. Passing greenery, mountain karst, and small rapids, you'll arrive at the Tham None cave. Adventure

through the cave to the other side of the mountain where you will enjoy lunch before continuing on towards Vang Vieng. The last stop will be at the infamous Blue Lagoon; swim or hang out along the banks after an afternoon of adventure before heading back to the town.

Kayaking

Vang Vieng

25USD

Explore the stunning landscape of Vang Vieng by kayak, a great way to see the caves and wildlife in the area.

Caving

Vang Vieng

Explore some of the many caves in the area. Some have lagoons for tubing in the dark or smooth terrain perfect for walking through. Ask your CEO for recommendations on which cave to visit for the best time.

Day 4

## Vang Vieng/Luang Prabang

Continue to colourful Luang Prabang and make your first acquaintance with this ancient city during an afternoon orientation walk. Afterward, embark on a short trek up sacred Mount Phousi, climbing the stone stairs with scaly golden handrails, past the monks quarters and Buddha's footprint cave, to reach the temple at the top - Wat Phousi. Enjoy a 360-degree view of the sun setting upon Luang Prabang and the Mekong River before an evening street food crawl.

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### Meals included

Breakfast

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### Accommodation

Flora by Sanakeo Hotel (or similar)

Hotel



## Today's Activities

Sunset at Wat Phousi

Luang Prabang

Watch the sunset from Luang Prabang's number one hilltop temple, Wat Phousi, with a 360-degree view of the city and Mekong River.

Street Food Crawl

Luang Prabang

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

Bullet Train

Vang Vieng - Luang Prabang

1h8m

132km

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Day 5

## Luang Prabang

Skip sleeping in to watch the monks walk through town before dawn. Dressed in saffron robes, they receive daily alms from local residents. Then, visit the Kuang Si waterfalls on a guided excursion before free time in the evening.

Traditional Laotian culture involves giving daily alms to monks. Monks are only allowed to eat food which has been donated to them before noon. Should you rise early, you'll get to watch one of the most important religious ceremonies in Laos.



### Meals included

Breakfast



### Accommodation

Flora by Sanakeo Hotel (or similar)

Hotel



### Today's Activities

Kuang Si Waterfalls Excursion

Kuang Si Falls - Luang Prabang

Journey to this magnificent tiered waterfall, where relaxing is highly recommended. Opt for a dip in the turquoise waters and explore multiple picture-perfect pools, framed by the jungle landscape.



### Optional Activities - Day 5

Phousi Temple Visit

Luang Prabang

20000LAK

Climb more than 300 steps to the top of Mount Phou Si for a panoramic view of the sunset over Luang Prabang. Ornate Buddhist shrines dot the pathway up and the glistening seven-tiered golden pagoda of Wat Chom Si awaits at the summit.

Royal Palace Museum Visit

Luang Prabang

60000LAK

The ornate rooms of this royal palace-turned-museum house the country's crown jewels, many religious artifacts, and a 50kg (110 lb) Buddha, cast of gold, silver and bronze. Gifts from visiting heads of state are on display, as are the beautiful silk screens crafted by the Queen.

Wat Xieng Thong Visit

Luang Prabang

20000LAK

Once a royal temple where Kings were crowned, the importance of this 16th-century Buddhist temple as a religious monastery is not lost on visitors. Wat Xieng Thong stands resplendent among shrines, pavilions, chapels, towers and gardens, and its gilded wooden doors, mosaics, and ceiling displays are representative of typical Laos art and craft.

Traditional Arts and Ethnology Centre Entry

Luang Prabang

35000LAK

Take an independent tour of the Traditional Arts and Ethnology Centre (TAEC) to learn about the traditional arts and cultures of Laos's many diverse ethnic groups. Shop in the TAEC Boutique for authentic village-made handicrafts and relax with a drink at the museum café.

Wat Visoun Temples Visit

Luang Prabang

20000LAK

Originally built in 1513 and still operational, Wat Visoun is Luang Prabang's oldest temple. Over the years invaders stole many of its priceless Buddha images, but this temple still offers some unusual architecture like the domed lotus flower stupa, designed by a royal and affectionately called "The Watermelon Stupa."

Cooking Class

Luang Prabang

35USD

Enjoy the sights and smells of fresh produce, local spices and exotic ingredients and learn the secrets of Laotian cuisine.

Ock Pop Tok Living Crafts Centre Visit

Luang Prabang

Free

Visit Ock Pop Tok "East Meets West" Living Crafts Centre on the banks of the Mekong River to learn from artisans about Laos handicrafts and the importance of woven textiles in Laos culture. Wander around the grounds for free, for opt to enjoy a drink in the cafe, join a workshop, or take an audio tour.

Alms-giving in Luang Prabang

Luang Prabang

Rise early and watch the daily dawn ceremony of saffron-robed monks walking through town to receive alms from local residents. Residents prepare food for the monks to subsist on. Seeing this custom is a beautiful way to gain some insight into the local culture and Buddhist religion. Please be respectful and quietly observe.

Day 6

## Luang Prabang/Pak Beng

The Mekong never looked so welcoming. Board a long, cozy houseboat that will take you on a two-day journey up the Mekong River en route to Chiang Khong in Thailand. Today, cruise to a village homestay for the night, where you will enjoy dinner with your hosts, experience a traditional Khamu Cultural Performance, and dance with the locals.



### Meals included

Breakfast | Dinner



### Accommodation

Ban Huay Thum Homestay (or similar)

Homestay



### Today's Activities

Mekong River Slow Boat

Luang Prabang - Muang Pakbèng

8h-10h

Enjoy the ride down the Mekong River on our private boat (it's pretty comfortable and spacious, and there's a toilet on board). Have some fruit, tea, and coffee (free of charge); water and soft drinks are available for purchase.

#### ACTIVITY

G Adventures and the Planeterra Foundation have worked with a community in the Mekong River to help develop their homestay programs, providing a unique cultural experience for travellers and the local community.

Here you have the chance to stay overnight in a Mekong village to get a glimpse into rural daily life. Enjoy dinner with your hosts. Experience a traditional Khamu Cultural Performance, and enjoy the chance to dance with the locals.

Day 7

## Pak Beng/Chiang Khong

New day, same magnificent Mekong. Today's your second travel day, where you'll cross into Thailand arriving in Chiang Khong by the later afternoon. Sit back, relax, keep your eyes peeled for wildlife, and enjoy the scenic ride.



### Meals included

Breakfast | Lunch



### Accommodation

Namkhong Guesthouse (or similar)

Guesthouse



### Today's Activities

Mekong River Slow Boat

Muang Pakbèng - Ban Houayxay

8h-10h

Enjoy the ride down the Mekong on our private boat (it's pretty comfortable and spacious, and there's a toilet on board). Have some fruit, tea, and coffee (free of charge); water and soft drinks are available for purchase.

Border Crossing (Laos - Thailand)

Ban Houayxay - Chiang Khong

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

Day 8

## Chiang Khong/Chiang Mai

Take in the rolling countryside views on the drive to Chiang Mai nestled alongside Thailand's northern mountains. Spend the afternoon getting to know this peaceful city known for traditional markets and glorious temples. Choose to visit Doi Suthep, cycle around, or grab a bargain at the famous night market.

Experience the flavours and scents of traditional northern Thai cuisine by pre-booking the Northern Thai Cooking Class.



### Accommodation

Chiang Mai Gate Hotel (or similar)

Hotel



### Today's Activities

Free Time

Chiang Mai

Get out and explore this bustling city in northern Thailand.

Private Vehicle

Chiang Khong - Chiang Mai

6h-7h

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



### Optional Activities - Day 8

Doi Suthep Temple Visit

Doi Suthep - Chiang Mai

50THB

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.

Massage

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

## Northern Thai Cooking Class

Chiang Mai

Channel your inner chef with a home-style Thai cooking class. Take a trip to the market with your teacher and learn about regional flavours as you pick out fresh ingredients. Head back to the cozy kitchen for a hands-on lesson in whipping up delicious local favourites like hot and sour soup, green curry, and sticky rice.

## Street Food Walk at Chiang Mai Night Market

Chiang Mai

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

Day 9

## Chiang Mai

Continue to explore Chiang Mai at your own pace making the most of this unique city. Visit the magnificent temple of Doi Suthep as it stands watch over the city from the hills above, or take a bicycle ride in the countryside.

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### Accommodation

Chiang Mai Gate Hotel (or similar)

Hotel



## Optional Activities - Day 9

Northern Thai Cooking Class

Chiang Mai

Channel your inner chef with a home-style Thai cooking class. Take a trip to the market with your teacher and learn about regional flavours as you pick out fresh ingredients. Head back to the cozy kitchen for a hands-on lesson in whipping up delicious local favourites like hot and sour soup, green curry, and sticky rice.

Doi Suthep Temple Visit

Doi Suthep - Chiang Mai

50THB

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.

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.

Massage

Chiang Mai

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

It's time for a change of pace. Today, drive from Chiang Mai to Mae Malai village, where you'll set off on a trek through rugged forests to see how diverse this region of hilltribe communities really is. Every village you'll see has its own language, belief system, style of dress, and traditions. It's a few hours to the first village of hilltribe thatch bungalows, but every step is worth it as you get to know the lay of the land.

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

Pickup Truck

Chiang Mai – Ban Mae Malai

1h

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

After being picked up at the hotel, quickly stop at the local tourist police station to stamp the document required for trekking in the area before transferring to Mae Malai.

Hilltribe Trek Day 1

Mae Taeng – Ban Mae Jok

2h-3h

Hit the road in an open pickup truck for Mae Malai where there is time to visit a local market to purchase food and snacks. Start the trek through forests and rugged terrain to Baan Mae Jok, a Karen village.

Day 11

## Ban Mae Jok/Pa Khao Lam

Trek for 2-3 hours before stopping for lunch. Then head to a Karen village to see how traditional blankets and scarves are made. Keep trekking for a few more hours (you've got this!) before stopping in the next village for the night.

Along the way, you might get the chance to stop at Mae Tang River to learn to fish using local tools or build a raft using bamboo.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Hilltribe Trek Day 2

Ban Mae Jok - Pa Khao Lam

4h30m-6h

After breakfast, trek 3.5-4 hrs to reach the lunch stop. Take in the beautiful scenery along the way. Enjoy lunch before carrying on another hour or so to the Karen village of Ban Pa Khao Lam.

Day 12

## Pa Khao Lam/Chiang Mai

After breakfast, leave the village by bamboo raft and get a closer look at other villages along the way. Meet the van after lunch and head back to Chiang Mai, a foodie's paradise. Try the city's most famous dishes like khao soi (noodles in curry broth) and sai oua (northern Thai sausage) and get ready for your big night out. Venture to the best bar in town to cheers to a completed trek and life-changing adventures!



### Meals included

Breakfast | Lunch



### Accommodation

Chiang Mai Gate Hotel (or similar)

Hotel



### Today's Activities

Bamboo Rafting to Lahu Village

Pa Khao Lam - Lahu Village

1h30m-2h

Board the traditional bamboo raft for a leisurely ride down the Mae Tang River. Reach the Lahu hill tribe village near Ban Pong Ngan. Enjoy a visit with the locals here and learn about the life and unique culture of the Lahu tribe.

Lahu Village Visit

Lahu Village

Take a bamboo raft down the Mae Tan River for one hour journey to a Lahu village to witness a lifestyle that dates hundreds of years.

Bamboo Rafting to Shan Village

Lahu Village - Ban Sop Gai

2h

Board a traditional bamboo raft and enjoy a ride through some small rapids on the Mae Tang River.

Pickup Truck

Ban Sop Gai - Chiang Mai

1h30m-2h

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

ACTIVITY

Tonight's the night to celebrate all the wild and humbling adventures you've just shared with new friends. Head out into the city and reminisce the night away!

Day 13

## Chiang Mai/Bangkok

Make the most of Chiang Mai with more free time, where you can go shopping in the market, get a Thai massage, or explore any of the many temples. Or, hey, you could always go back for another taste of khao soi curry. Tonight, catch up on sleep during an overnight train and wake up in Bangkok.

Due to disruptions of Thai trains in the north during the monsoon season, trips running July through October may use alternative transport.



### Meals included

Breakfast



### Today's Activities

Free Time

Chiang Mai

Enjoy a final day to check out Chiang Mai.

Basic Overnight Train (beds)

Chiang Mai - Bangkok

12h-13h

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



### Optional Activities - Day 13

Doi Suthep Temple Visit

Doi Suthep - Chiang Mai

50THB

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.

Cooking Class

Chiang Mai

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

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.

Massage

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

Chiang Mai City Tour

Chiang Mai

Enjoy a tour of spectacular Chiang Mai, a delightful city surrounded by rolling hills and filled with impressive architecture. Explore the great cafes, shops and accommodations of the old city; an important Buddhist centre since the 14th century, it is home to more than 300 temples. Many visitors come here to attend meditation retreats, massage classes or yoga lessons.

Day 14

## Bangkok

Today is departure day, but do not fret! There is no such thing as goodbye, only until next time. Be sure to sneak in some last-minute photos with your newfound friends and exchange social medias before you head on your way. This adventure ends in Bangkok, on arrival at the train station (approximately 8am).



### Today's Activities

Departure Day

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

## What's included

- Your G for Good Moment: Mekong River Homestay & Traditional Performance, Muang Pakbèng
- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
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- Hilltribe trek
- Bamboo rafting
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Hike along Vang Vieng's limestone karsts, discover the serenity of Luang Prabang with a sunset trek to Wat Phousi and visit the Kuang Si Waterfalls, stay overnight in a local village along the Mekong River, bargain for goods at a night market, hike through forests to explore local villages.

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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.

## **Are there Itinerary notes?**

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

1. **REQUIRED:** In order for us to confirm the transport used during your visit to Laos, we require a coloured copy of your passport in advance of travel. We please request you send a coloured copy of the passport you will be travelling on to [experience@gadventures.com](mailto:experience@gadventures.com)

### 2. LUGGAGE

There are some very long travel days on public buses. As we frequently get on and off sometimes crowded local transport please note backpacks are much more suitable than suitcases for this style of trip.

### 3. COMBO TRIP

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

### 4. TREKKING ROUTE

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.

### 5. LAOS - High Speed Train regulations.

Items prohibited from being carried by passengers into the stations or on trains:

- Flammable materials & liquids. Aerosols will be taken away at security.
- Sharp objects (e.g. pocket knives)
- Explosive materials e.g. vapes & e-cigarettes. Includes spray-on deodorant, perfume & hair products.
- Foods which are wet or have an overpowering smell
- Weapons
- Drugs

The high speed train has a luggage limit of 20kg per person.

## 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 see and do, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## How large will the group be?

Max 18, avg 12.

## What meals are included in this trip?

10 breakfasts, 4 lunches, 3 dinners

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

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

## **What are the modes of transportation on my trip?**

Train, local bus, air-con bus, slow boat, walking, songthaew, tuk-tuk, river raft.

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

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

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

Simple hotels (twin-share) (7 nts) and (multi-share) (2 nts), homestay (1 nt), basic Hilltribe huts (2 nts) and sleeper train (1 nt).

## **What kind of accommodation can I expect on this trip?**

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

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Mekong River Homestay: Typically, the group is divided into two or more houses (depending on group size) in close proximity to each other. Sleeping arrangements are multi-share in the central living area of the homes - mattresses, blankets, pillows, and mosquito nets are provided. Bathroom facilities are shared.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see our Classic Travel Style.

## What are the joining instructions?

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

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

### AIRPORT TRANSFER

If you have purchased an arrival transfer through G Adventures or if an arrival transfer is included in the cost of your tour, the meeting point will be as follow:

-If you are arrive by an international flight please meet your driver at exit point on the ground floor of International building.

-If you are arrive by domestic flight please meet your driver at exit point on the ground floor of domestic building.

There's no specific gate number because there's only one exit point at Vientiane Airport.

If you have any issues with connecting with your transfer representative, please reach out to Mr Phan +8562023888162

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

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

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

## What happens if I experience problems when arriving?

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

### EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

After hours emergency number

From outside Thailand +66 (0) 92 338 9222

From inside Thailand (0) 92 338 9222

G Adventures Local Representative (Laos)

Mr. Pheareak

Emergency number: ++85 620 455 05599

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?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage. Be sure to check weather conditions online before you depart. We recommend you bring sun protection cream from home to ensure it meets your needs.

During the trek, you will only need to carry a daypack with your essentials. Your luggage will be stored at the hotel in Chiang Mai and your valuables in a group safety deposit box.

Your CEO will provide instructions on what you need to bring in your daypack on the trek. Usually, this includes a couple of changes of clothes, wet shoes (for river crossings), personal toiletries, flashlight/headlamp, tissues, any personal medications, and electronics you wish to bring along. A small drybag for electronics and a reusable water bottle may also be useful. During the trek, guides will have first aid kits.

## What should be on my packing list?

### 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.) 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?

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself with the Embassy. Please, keep in mind that all countries require passports valid for at least 6 months from the moment of departure from the country.

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.

\*\*\*\*\*

Laos:

If you are eligible to apply for a Laos E-Visa, please follow the below links for further information and application:

E-Visa Details [here](#)

E-Visa Terms and Conditions [here](#)

Apply for E-Visa [here](#)

If applying for the Laos E-Visa, please enter the entry port name as per below.

If you travel by air: Wattay International Airport (Vientiane Capital)

If you travel by land from Thailand: Lao – Thai Friendship Bridge IV

As of September 1st 2025, all non-Laos nationals entering Laos by air, land or sea must complete the Lao PDR Immigration Card online before arrival. Register within 3 days of arrival.

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

\*\* please note, the Laos E-system may not be available for all arrival points. If your arrival point is not listed, you will be required to fill in a paper form on arrival. \*\*

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

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

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

## **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?

## Vientiane

- Wat Pha That Luang Visit (1USD per person)

## Vang Vieng

- Hiking
- Vang Vieng Adrenaline Bundle
- Caving
- Bike Rental (4USD per person)
- Kayaking (25USD per person)

## Luang Prabang

- Phousi Temple Visit (20000LAK per person)
- Traditional Arts and Ethnology Centre Entry (35000LAK per person)
- Cooking Class (35USD per person)
- Royal Palace Museum Visit (60000LAK per person)
- Wat Visoun Temples Visit (20000LAK per person)
- Ock Pop Tok Living Crafts Centre Visit (Free)
- Wat Xieng Thong Visit (20000LAK per person)
- Alms-giving in Luang Prabang

## Doi Suthep

- Doi Suthep Temple Visit (50THB per person)

## Chiang Khong

- Massage

## Chiang Mai

- Northern Thai Cooking Class
- Chiang Mai Cycling Tour (1500THB per person)
- Cooking Class
- Street Food Walk at Chiang Mai Night Market
- Massage
- Chiang Mai City Tour

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

## What are the trip specific safety considerations?

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

We do not recommend passengers to jump or dive into Kuang Sii Waterfalls in Luang Prabang, this may result in injury.

## 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, mosques or other holy sites.

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

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

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

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

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

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

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

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

Minimum age of 18 years for this trip. Minimum age of 18 years for this trip.

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

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

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

## Itinerary Disclaimer

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

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