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This itinerary is valid for departures in 2018. To view the 2019 itinerary [click here](#).



## **Ultimate Cambodian Adventure**

14 days, Bangkok to Bangkok

Trip code ATUC

## What's included

- Your G for Good Moment: New Hope Vocational Training Restaurant, Siem Reap
- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Meal with Local Family, Siem Reap
- Angkor Wat complex entrance and guide (Siem Reap)
- Mekong boat trip to spot Irrawaddy dolphins
- Tuol Sleng prison and Choeung Ek (Killing Fields) entrance and guide (Phnom Penh)
- City cyclo tour
- Internal flight
- Border crossing support
- 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 1st, 2015 - December 31st, 2016

# Itinerary

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**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.

There are no planned activities until the evening welcome meeting.



## 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/Battambang

Journey from Thailand to colonial Battambang. Opt to explore the countryside or learn some Cambodian cooking.

Head to the Cambodian through the heart of Thailand. Once in Cambodia, change vans and continue to Battambang.

Upon arrival, explore the riverside city for a few hours before dinner.



### Meals included

Breakfast



### Today's Activities

Private Vehicle

Bangkok - Aranyaprathet

4h-4h

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

Border Crossing (Thailand - Cambodia)

Aranyaprathet - Paôy Pêt

30m-1h

Get ready to cross into Cambodia. Aranyaprathet is known for being one of the most hectic border crossings but CEOs will help make the process go as smoothly as possible. The border crossing is done on foot and can take up to an hour so be patient and think of all the fun Cambodia has in store.

Private Vehicle

Paôy Pêt - Battambang

1h30m-2h

125km

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

Free Time

Battambang

Head out and explore.



## Optional Activities - Day 2

Tuk Tuk Tour

Battambang

Take a tuk tuk to explore city sights. Tour around to see the city's countless statues and the Governor's Residence or head out a little further to Phnom Sampouv (the 'killing caves').

Day 3

## Battambang/Siem Reap

Journey to the seat of the Khmer Empire and prepare to explore the fantastic Angkor Wat complex.

Spend the morning on an optional motorcycle tour of the countryside, visiting temples, local cottage industries, and the unique Bamboo Train. If cooking is more your speed try your hand at Khmer cuisine with a cooking class, enjoying the results with a leisurely lunch. In the afternoon, head off to Siem Reap.



## Today's Activities

Free Time

Battambang

Free time in the morning to explore or take a cooking class.

Private Vehicle

Battambang - Siem Reap

2h-3h

175km

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



## Optional Activities - Day 3

Motorcycle Tour

Battambang

Tour the Cambodian countryside on two wheels to see temples and local industries. Visit locals making local goods: silk, rice paper, and the popular (but pungent) fish paste.

Cooking Class

Battambang

Refine your culinary skills while learning recipes typical of Khmer cuisine. After, dig in and sample the fruits of your labour.

Day 4

## Siem Reap

Enjoy a guided tour of the massive Angkor temple complex.

Spend the whole day exploring with a local guide. The best way to experience the site is to arrive for sunrise, explore in the cooler morning hours and head back into town to relax during the hottest time of the day. Then, head back into the site for sunset and a little more exploring.

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### Meals included

Breakfast

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### Today's Activities

Angkor Wat Guided Tour

Angkor Wat

Enjoy a tour of the impressive ancient ruins with a local guide. Explore magnificent Angkor Wat temple--Visit the enigmatic faces of Bayon within the walled city of Angkor Thom, and tour Ta Prohm (aka the "Tomb Raider" temple), which is slowly being swallowed by the jungle.

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### Optional Activities - Day 4

Phare Circus

Siem Reap

Enjoy a stellar performance by Phare, a unique and socially conscious circus that injects Cambodian culture and history into its inspiring shows. See acrobatics, contortion, and aerial arts melded with theatre, modern dance, and more. Take in stories of war, relationships, and discrimination, inspired by the real-life experiences of Phare's creators and performers.

Day 5

## Siem Reap

Spend a free day exploring more of Angkor Wat or further afield around Siem Reap. Enjoy a traditional meal of Khmer food at the G Adventures-supported New Hope project.

We rotate our included local meal between a local home in a small village and the New Hope project in order to support as many small businesses as possible. With so many travellers coming through these areas, alternating experiences helps to allow both small businesses to flourish. Both experiences are truly unique and memorable.

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### Meals included

Breakfast | Dinner

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### Today's Activities

Free Time

Siem Reap

Spend the day exploring.

#### ACTIVITY

Enjoy a traditional meal of Khmer food at the New Hope Vocational Training Restaurant, an initiative kickstarted by G Adventures. Providing skill-building opportunities to marginalized community members, the project also funds the adjacent free community school and health centre. Visit the restaurant run by locals and see how the New Hope project has supported positive change in the community.

#### ACTIVITY

Head to a village near Siem Reap to enjoy a traditional Khmer meal. Meet the locals and learn more about the way of life in rural Cambodia.

Day 6

## Siem Reap/Kampong Cham

Travel to Kampong Cham and visit the Bridge of Jayavarman VII, a silk farm, and rubber tree plantations before an included local dinner experience. Opt to bike through villages along the Mekong or visit some rustic temples.

Travel to the third largest city in Cambodia, Kampong Cham. Opt to rent a bike and cruise along the river to explore the countryside and meet friendly locals or visit the 11th century Vat Nokor temple. Enjoy an included local dinner to sample more of this delicious cuisine.



### Meals included

Breakfast | Dinner



### Today's Activities

Private Vehicle

Siem Reap – Kampong Cham

5h-7h

310km

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



### Optional Activities - Day 6

Bridge of Jayavarman VII Visit

Kampong Cham

Visit this centuries-old cobble stone bridge spanning 285 ft (87m). Marvel at the bridge's 12th century architecture designed during the reign of King Jayavarman.

Vat Nokor Temple Visit

Kampong Cham

Take in this temple complex that is a combination of a modern Theravada Buddhist pagoda within an 11th-century Mahayana Buddhist shrine.

Bike Rental

Rent a bike from a local shop and head out to explore.

Day 7

## Kampong Cham/Kratié

Travel to the home of the rare Irrawaddy dolphins. View the endangered dolphins on an included boat trip on the Mekong.

In the morning travel to Kratié, located on the banks of the mighty Mekong River.

In the afternoon, head out on the massive Mekong with local boatmen to try and spot the endangered Irrawaddy freshwater dolphin.



### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Kampong Cham – Kratié

2h30m-3h

160km

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

Kratié Boat Trip

Kratié

Come aboard for a one-of-a-kind wildlife encounter – the feeling you get as you spot an Irrawaddy dolphin breaking through the water's surface is truly inspiring and will lift your heart. Enjoy the boat tour, and let the late-afternoon sun warm your face.

Day 8

## Kratié/Phnom Penh

Travel to Phnom Penh and hop on a city cyclo tour. Use some free time to explore.

Opt for a drink in one of the many riverside cafés.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Kratié - Phnom Penh

2h30m-5h

340km

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

Phnom Penh Cyclo Tour

Phnom Penh

1h-1h

Settle in a traditional cyclo and depart from Wat Phnom. Tour busy streets to soak up the real vibe of the city. Pass the post office and Van's restaurant, both stunning colonial buildings, and make your way to the Royal Palace and National Museum. Go along the riverside road and take in the atmospheric cafes that line the street.

Free Time

Phnom Penh

Explore any of the places of interest that caught your eye on the cyclo tour or visit one of the local museums.

Day 9

## Phnom Penh

Guided tour of Tuol Sleng Prison and Choeung Ek (Killing Fields). Opt to visit the Royal Palace, National Museum, and Central Market.

Follow a local guide and witness the dark side of Cambodian history with visits to Choeung Ek, the site of the infamous Killing Fields, and Tuol Sleng, the notorious Khmer Rouge prison where thousands of Cambodians perished.

In the afternoon enjoy free time to explore the city's many sights: the Royal Palace, Silver Pagoda, National Museum, Russian market or Wat Phnom.



### Meals included

Breakfast



### Today's Activities

Choeung Ek (Killing Fields) Guided Tour

Phnom Penh

Learn more about the atrocities of the Khmer Rouge visiting the killing fields of Choeung Ek; the grounds now stand as a powerful memorial filled with victims' skulls and mass graves. Tour this sombre, yet serene, site with a guide.

Tuol Sleng Museum (S-21 Prison) Guided Tour

Phnom Penh

Learn about the dark history and devastation that occurred at Security Prison 21 (S-21); the prison, used by the Khmer Rouge regime, is now Tuol Sleng Museum. Take a guided tour to hear the stories behind the sombre photos lining the museum walls.

Free Time

Phnom Penh

Use free time to explore some of the palaces, temples and museums in the city.



### Optional Activities - Day 9

Wat Phnom Visit

Phnom Penh

1USD

Visit Wat Phnom (Hill Temple) in late afternoon, a historic monument with lots of green space. Keep an eye on your food and belongings; cheeky monkeys like to get a hold of anything they can.

National Museum Visit

Phnom Penh

10USD

Wander the galleries of the National Museum to see amazing works of art from Cambodia's "golden age" of Angkor. Visit the museum's lovely courtyard before you leave.

Silver Pagoda Visit

Phnom Penh

10USD

Tour the Royal Palace complex to see the neighboring Silver Pagoda (aka the Temple of the Emerald Buddha). See the many magnificent treasures inside this beautiful vihara (Buddhist monastery), including its floor lined with more 5,000 tiles of silver.

Russian Market Visit

Phnom Penh

Shop this must-visit market for souvenirs, handicrafts, antiques, and Western brand-name clothing at (often) greatly discounted prices. Haggle away for the best deals!

Royal Palace Visit

Phnom Penh

Visit the King's current dwelling place, a magnificent riverside palace with classic Khmer architecture. Dress appropriately please; visitors must wear clothing that covers knees and shoulders, and shirts must reach the elbow.

Day 10

## Phnom Penh/Koh Rong

Travel to Kampot, home of Bokor National Park. Visit Rabbit Island, sample the famous Kampot peppers or enjoy a seafood feast in Kep.

Drive eastward along the coast to reach Kampot, world-famous for the Kampot pepper and home of Bokor National Park.

Visit Rabbit Island or spend some time at the beachside town of Kep, known for its fresh crabs. Opt for activities like visiting a cave, a pepper plantation or a fish farm. Take a cycle tour to a waterfall or enjoy a sunset cruise.



### Today's Activities

Private Vehicle

Phnom Penh - Kampot

3h

150km

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

Free Time

Kampot

Free time to do optional activities in Kampot or visit Kep.



## Optional Activities - Day 10

Rabbit Island Excursion

Kampot

Visit this undeveloped tropical island to enjoy beautiful white sand beaches. Walk the island's perimeter passing beaches and mangroves along the way (about 3 hours).

Kep Excursion

Kep

Take in the charm of this seaside resort, home to a beautiful National Park and friendly residents. Be sure to enjoy a seafood meal, including local fresh crabs.

Sunset Cruise

Kampot

Kick back, relax, and enjoy the water views on this peaceful cruise into the sunset.

Cycle Tour

Kampot

Join the tour and hop on a bike – it's one of the best ways to see Kampot and the countryside.

Day 11

## Kampot/Sihanoukville

Travel to Sihanoukville, a beautiful beachside town.

Travel to Sihanoukville and feast on fantastic local seafood, take a day trip to snorkel the coral reefs and explore the islands, or just sit back in a deck chair and let the warm breeze caress you as the waves splash gently at your feet. It doesn't get much better than this.



## Today's Activities

Private Vehicle

Kampot - Sihanoukville

2h

100km

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

Free Time

Sihanoukville

Use free time to explore or just sit back and relax.

Day 12

## Sihanoukville

Enjoy a free day to enjoy Sihanoukville. Opt to take a full-day boat and snorkelling trip around the islands or just sit back and relax on the beach.

There are options in town to check out some local cafés or get a massage or pedicure, too.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Sihanoukville

Spend the day however you like.

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### Optional Activities - Day 12

Snorkelling Boat Trip

Sihanoukville

Come on this snorkel adventure to explore Cambodia's unique reefs and underwater world. See coral-crested ridges that support a wide range of marine life – you may spot moray eels, sting rays or dolphins. The trip includes a stop on a secluded island beach for a seafood barbecue before heading back to shore.

Day 13

## Koh Rong/Bangkok

Return to Phnom Penh then fly back to bustling Bangkok.

Drive to Phnom Penh airport to return to Bangkok. There will be time to catch up on last minute shopping or visit more sights before one last evening on the town.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Sihanoukville – Phnom Penh International Airport

3h-4h

220km

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

Plane

Phnom Penh International Airport – Bangkok

1h

Transfer about an hour back to the city from the airport on arrival.

Free Time

Bangkok

Spend a few more hours in Bangkok anyway you like.

Day 14

## Bangkok

Depart at any time.

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### Meals included

Breakfast

## What's included

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## What are the main highlights of this trip?

Stroll through the streets of colonial Phnom Penh and Battambang, learn about the recent history of Cambodia with a visit to Tuol Sleng (S21 prison), revel in the majesty of Angkor Wat, relax on golden beaches, experience a local village meal

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

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## **Is there an itinerary Disclaimer?**

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

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

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

### **LUGGAGE**

There may be a luggage weight restriction for the internal flight on this tour. Each passenger is allowed to carry one checked bag with a maximum weight of 20kg (44 lbs). Additional baggage or excess weight may incur a fee. These charges are the responsibility of the passenger.

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

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are traveling through, offer suggestions for things to 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 15, avg 12

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

10 breakfasts, 2 dinners

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

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

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

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

Private van, local bus, cyclo, boat, tuk tuk, plane

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

Private bus, Local bus, Plane

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

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

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

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

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

Hotels (13 nts).

## **Will I get my own room?**

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

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

Hotels/Guesthouses 13 Nights

## **What is the joining hotel?**

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

# What are the joining instructions?

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

## IMPORTANT NOTE

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

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

### Taxi

The airport is located 30km's away from downtown Bangkok. Approach the taxi counters, advise them where you are going and they will write this information down for you along with the taxis registration details. Taxis should always use the meter and you are required to pay a 50 Baht airport surcharge on top of the metered fee plus any tollway fees (approx 75 -125 Baht depending on the route taken). Total journey will cost between 350 THB - 500 THB, depending on traffic and toll fees. The expressway is substantially faster, so tell the taxi driver to use the expressway, you can say either ""kuen ton-way"" (from 'tollway') or ""kuen taang duan"" in Thai (but most understand Tollway/express way in English).

### Airport Train

Centra Central Station Bangkok:

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

From Phetchaburi Station travel to the last stop, Hua Lamphong, and follow the signs for Exit 1. Once out, walk 2-3 minutes. The hotel is located across the road. Please note, the hotel lobby is located on the 12th floor of the building.

FX Makkasan Hotel:

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

### Arrival Transfers

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you (go to gate number 3). If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time.

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

## **What happens if I experience problems when arriving?**

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please 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 at gate number 10 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 within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

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

## EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

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

From outside Thailand: +66 2 508 8630

From within Thailand: 02 508 8630

After hours emergency number

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## What should I take on my trip?

We are on the move a lot on this trip so recommend that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb.

Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as storage space on some transport is limited - they need to fit under the beds when traveling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

# What should be on my packing list?

## Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

## Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

### **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 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.

**CAMBODIA** - Visas can be obtained in advance from your local Embassy or on arrival in Bangkok (if your tour begins in Thailand). You will need at least one full working day to arrange this. You can also obtain your visa at the Cambodian border or Siem Reap Airport for approx. \$30 USD very easily. Please have \*at least\* 2 passport photos with you as well.

## **How much spending money do I need for my trip?**

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

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

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

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

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

## **Do I need to pay a departure tax?**

Departure Tax is included in all International and Domestic tickets.

## Should I be tipping on my trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

## What activities are optional on this trip?

### Battambang

- Tuk Tuk Tour
- Motorcycle Tour
- Cooking Class

### Siem Reap

- Phare Circus
- Bike Rental

### Kampong Cham

- Bridge of Jayavarman VII Visit
- Vat Nokor Temple Visit

### Phnom Penh

- Wat Phnom Visit (1USD per person)
- Silver Pagoda Visit (10USD per person)
- National Museum Visit (10USD per person)
- Russian Market Visit
- Royal Palace Visit

### Kampot

- Rabbit Island Excursion
- Sunset Cruise
- Cycle Tour

### Kep

- Kep Excursion

### Sihanoukville

- Snorkelling Boat Trip

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

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our 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 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 can I share feedback about my trip experience?

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

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

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

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.