

Thailand Journey - ATTNG

8 days: Bangkok to Bangkok

What's Included

- Arrival transfer
- Entrance to the Thailand-Burma Railway Centre war museum and train ride
- Visit to Erawan National Park
- Guided tour at Ayutthaya Historical Park
- Dinner on a converted rice barge
- Thai cooking class and market visit
- Sunset visit to Doi Suthep monastery
- Wat Chedi Luang visit and conversation with a monk
- Khantoke home dinner and village visit
- Explore Bangkok and take a boat ride
- Interesting articles, helpful tips, and photography advice from National Geographic before you depart
- Internal flights
- 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, 2016 - December 24th, 2018

Itinerary



Itinerary

Day 1 Bangkok

Arrive at any time. Arrival transfer included.

Private Vehicle

Suvarnabhumi Airport – Bangkok 45m-1h30m

Upon arrival at the airport, head to the arrival hall and door number 3 near the information counter. Look for a driver holding a G Adventures sign with your name, who'll take you to your hotel so you can check in and start exploring.

Arrival Day and Welcome Meeting

1h18:00

The adventure begins tonight. Feel free to explore, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour.

Day 2 Bangkok/Kanchanaburi

Travel to Kanchanaburi, home to the "Bridge on the River Kwai." Take a train journey over the bridge and take in a piece of World War II history.

Private Vehicle

Bangkok – Kanchanaburi 3h

Stretch out and scan the scenery from the comfort of a private ride.

Bridge on the River Kwai Visit

Kanchanaburi 1h45m-2h

Take in a piece of World War II history on this visit. You've seen or at least heard of the famous movie, "Bridge on the River Kwai" -- tour the real thing and take a train ride over the bridge. It's massive, majestic, and imposing, and offers fabulous views of the river below.

Meals included: Breakfast

Day 3 Kanchanaburi/Phra Nakhon Si Ayutthaya

Enjoy a morning visit to Erawan National Park and waterfall then visit the Thai/Burma War Museum and War Cemetery. This afternoon, travel to Ayutthaya and enjoy dinner on a converted 1930s rice barge.

Erawan Waterfalls Visit

Nam Tok Erawan 2h-3h

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

Thai/Burma War Museum and Allied War Cemetery Visit

Kanchanaburi 1h30m-2h

Visit the Allied War Cemetery, the Thai-Burmese Railway Museum, and JEATH (Japan, England, America, Thailand and Holland) War Museum to learn about the Death Railway's dark history. More than 6,000 prisoners are buried at the cemetery.

Private Vehicle

Kanchanaburi – Phra Nakhon Si Ayutthaya 3h

Stretch out and scan the scenery from the comfort of a private ride.

Dinner Cruise

Phra Nakhon Si Ayutthaya 2h

Cruise down the river aboard a converted 1930s rice barge. Have a delicious Thai meal while taking in the incredible views of the city.

Meals included: Breakfast | Dinner

Day 4 Phra Nakhon Si Ayutthaya/Chiang Mai

Explore the UNESCO World Heritage-listed Ayutthaya Historical Park, which served as Thailand's capital from the 14th to 18th centuries, when it ranked as one of the most magnificent cities in the world. Later, return to Bangkok to catch a flight to Chiang Mai.

Ayutthaya Historical Park Guided Tour

Phra Nakhon Si Ayutthaya 3h-3h30m

Explore the ruins of Ayutthaya, a UNESCO World Heritage site. Ayutthaya served as Thailand's capital from the 14th to 18th centuries, when it ranked as one of the most magnificent cities in the world. Late in the 17th century its population reached one million, and foreign visitors wrote awestruck accounts of its size and splendour.

Private Vehicle

Phra Nakhon Si Ayutthaya – Bangkok 1h-1h30m

Hello again, Bangkok! Travel back to the city and to the airport by private van.

Plane

Bangkok – Chiang Mai 1h30m

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

Meals included: Breakfast

Day 5 Chiang Mai

Following a visit to the local markets with a chef we will enjoy a Thai cooking class at a private culinary school, then have the dish for lunch. Later we'll visit the historic Wat Chedi Luang and sit down with one of the young Monks to discuss daily life and Buddhism. Listen to monks chanting at Doi Suthep Temple, one of the most stunning golden Temples in Thailand.

Cooking Class

Chiang Mai Morning

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

Meet with Monks at Wat Chedi Luang

Chiang Mai

Visit the 14th-century Wat Chedi Luang Buddhist temple in the heart of Chiang Mai's old city. Sit down with young monks to discuss daily life and Buddhism, and leave feeling spiritually refreshed.

Doi Suthep Temple Visit

Doi Suthep3h

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.

Private Vehicle

Chiang Mai

Stretch out and scan the scenery from the comfort of a private vehicle.

Optional Activities

Chiang Mai Cycling Tour

Chiang Mai

Meander through the old city of Chiang Mai on bike.

Meals included: Breakfast | Lunch

Day 6Chiang Mai

Enjoy the day to explore or participate in some optional activities. Later we travel to the countryside, visiting a local village and enjoying an authentic khantok dinner in a family's home.

Travel to the countryside near Chiang Mai and enjoy dinner northern khantok style, a must-do when you reach northern Thailand. Khantok in the Northern dialect means wooden tray, used for carrying dishes, round in shape and made of teak wood. The host will invite guests to sit on the floor around the khantok. Main dishes usually include sticky rice, hang-le curry (Burmese-styled curry), and some chill-pasted crispy pork. Later, enjoy tea time with the opportunity to talk with local people to learn their way of living.

Free Time

Chiang MaiMorning

Chiang Mai is a mecca for shopping and handicraft production, so take advantage of this opportunity to do some shopping if you wish.

Traditional Thai Home Dinner

Chiang MaiEvening

Visit a village outside Chiang Mai and sit down to an authentic Khantoke dinner in the home of a local family. Dishes typically include sticky rice, hang-le curry, and crispy pork with chilli paste. Over tea, learn about life in rural Thailand and visit the family garden and learn about herbs and spices popular in local cooking.

Optional Activities

Night Market

Chiang Mai

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

Chiang Mai Cycling Tour

Chiang Mai

Meander through the old city of Chiang Mai on bike.

Meals included: Breakfast | Dinner

Day 7Chiang Mai/Bangkok

Flight to bustling Bangkok for a klong riverboat ride through Bangkok's canals and visit to Wat Po, the famed Temple of the Reclining Buddha.

Plane

Chiang Mai – Bangkok1h30m

Take a quick flight back to Bangkok.

Klong Riverboat Tour

Bangkok

Travel by longtail boat on the busy Chao Phraya River. Go through the smaller klongs (canals) to see skyscrapers, temples, and shops in the distance, and the densely populated waterfront settlements up close.

Wat Po Visit

Bangkok

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

Private Vehicle

Bangkok

Stretch out and scan the scenery from the comfort of a private vehicle.

Meals included: Breakfast

Day 8 Bangkok

Depart at any time.

Departure Day

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

Meals included: Breakfast

What's Included

Arrival transfer. Entrance to the Thailand-Burma Railway Centre war museum and train ride. Visit to Erawan National Park. Guided tour at Ayutthaya Historical Park. Dinner on a converted rice barge. Thai cooking class and market visit. Sunset visit to Doi Suthep monastery. Wat Chedi Luang visit and conversation with a monk. Khantoke home dinner and village visit. Explore Bangkok and take a boat ride. Interesting articles, helpful tips, and photography advice from National Geographic before you depart. Internal flights. All transport between destinations and to/from included activities.

Highlights

Enjoy a traditional dinner with a local family and visit the famed "Bridge on the River Kwai" with National Geographic Journeys. Book [here](#).

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.

Important Notes

COMBO TRIP

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

Group Leader Description

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

Group Size Notes

Max 16, Avg 10.

Transport

Private bus/minivan, tuk tuk, train, boat, plane, walking.

Local Flights

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.

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

Solo Travellers

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.

Accommodation

Hotels (7 nts).

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

Joining Hotel

FuramaXclusive Sathorn Hotel
59 Silom Soi 3 (Piphat 2), Silom Road
Silom, Bangkok 10500
Thailand
Tel: + (66) 2 266 8030

Joining Instructions

An arrival transfer is included when you arrive on Day 1, or when you arrive up to three days prior to the tour, provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly the last day is a departure day in which no activities are planned.

To meet your arrival transfer go to the entrance door number 3 in the arrival hall near the airport information counter and look for a National Geographic Journeys sign with your name on it.

Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning. Your CEO 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.

Arrival Complications

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

If you have pre-booked an airport transfer please meet your driver near the information counter at Entrance Door number 3 of the airport, in the arrival hall. If for any reason you can not locate your driver please call the emergency transfer phone number at +66 (0) 800 562777.

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

Emergency Contact

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 81 847 3034 (081 847 3034 from within Thailand) or +66 86 339 5881 (086 339 5881 from within Thailand)

EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

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

From outside Thailand: +66 2 381 5574

From within Thailand: 02 381 5574

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 24 hour Sales team, who will happily assist you.

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

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

What to Take

We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 15kg/30lb. We recommend a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

Checklist

Passport (with photocopies)
Travel insurance (with photocopies)
Airline tickets (with photocopies)
USD cash
Credit or debit card (see personal spending money)
G Adventures vouchers, pre-departure information and dossier
Any entry visas or vaccination certificates required

Alarm clock/watch
Flashlight
Sunblock/Sun hat
Sunglasses
Insect Repellent
Water bottle
Small towel and swim wear
Toiletries (biodegradable)
Sturdy walking shoes/Sport sandals
Moneybelt
Shorts
Long trousers
Hiking pants/track pants
Shirts/T-shirts
Warm clothing
Fleece jacket or warm layer
Windproof rain gear
Rain jacket or poncho
Gloves
Hat
Umbrella
Clothes for temples – long pants or sarongs.
Camera and memory cards
Rechargeable batteries for all electronics
Reading/writing material
Hand sanitizer gel/wipes
First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking)

Laundry

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.

Visas

Please note that visas for Thailand 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. For the most up to date information please check your Governments Foreign Ministry website or with your travel agent as rules do change.

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.

Spending Money

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.

Money Exchange

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

Emergency Fund

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!

Departure Tax

Departure Tax is Included in all International and Domestic tickets.

Tipping

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.

Optional Activities

Optional Activities : USD150 for optional activities not included in the trip.

Kayaking (Kanchanaburi) - USD6-28

Thai massage – USD10 per hour

Bicycle tour (Chiang Mai) - USD30 for Half Day

Thai Cookery Course (Chiang Mai) - USD30 for Half Day

Bamboo rafting (Chiang Mai) - USD15 plus transport

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

Health

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.

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

Safety and Security

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/

Trip Specific Safety

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.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the

day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

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.

A Word of Warning

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

Travel Insurance

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.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our G Adventures for Good projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Local Dress

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/tank-tops when visiting temples or mosques or other holy sites.

Feedback

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 customerservice@gadventures.com and we will send it on to you.

Newsletter

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

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

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.