

Explore Southern Thailand - ATSNG

8 days: Bangkok to Bangkok

What's Included

- National Geographic Journeys Exclusives: Rainforest Eco-Walk & Dinner, Khao Sok
- National Geographic Journeys Exclusives: Krabi Village Excursion, Krabi
- Arrival transfer
- Koh Madsum and Koh Tan Excursion
- Kayak trip in Koh Mae Ko
- Jungle trek to the green lagoon
- 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, 2017 and onwards

Itinerary

Day 1 Bangkok

Arrive at any time. Arrival transfer included.

You will be met on arrival at Bangkok Airport and transferred to your hotel. You are welcome to arrive at any time on day 1, but please note that hotel check-in time is 14:00.

This is a very laid back trip with lots of free time to enjoy Thailand's beautiful south beaches and jungles or choose to take some optional activities.

Private Vehicle

Suvarnabhumi Airport - Bangkok 45m-1h30m

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

Arrival Day and Welcome Meeting

1h18:00

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Day 2 Bangkok/Ko Samui

Catch a flight to the tropical island of Koh Samui. Settle in at the resort hotel and relax at the pool bar or opt to visit the beach or town.

Lying off of Thailand's east coast in the Gulf of Thailand, Koh Samui offers everything you could possibly want in a seaside retreat: white sandy beaches, coconut palms, fresh seafood, and warm, clear waters.

Our hotel is located at the vibrant and exciting "Chaweng" district, walking distance to restaurants, entertainment spots and shopping. Catch a tuk tuk to the various beaches close to our hotel.

Plane

Suvarnabhumi Airport - Koh Samui Airport 1h

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

Free Time

Koh Samui Afternoon

Kick back and relax on the beach, or opt to explore the town.

Meals included: Breakfast

Day 3 Koh Samui

Embark on a private traditional longtail boat and travel off the tourist trail to the pristine islands of Koh Madsum and Koh Tan. Savour a local lunch on the beach and opt for included kayaking and snorkelling experiences.

Transfer by traditional longtail boat to Koh Madsum and enjoy morning kayaking along the stunning coastline. Return to the beach for a delicious buffet lunch. Afterwards, stretch out on a deck chair or, for the more active, head out on a sea kayak, go snorkelling, or explore this magnificent island.

Later, continue to Koh Tan for more island activities.

Koh Madsum and Koh Tan Excursion

Koh Mat Sum

Enjoy an excursion by private longtail boat to the secluded beaches of Koh Madsum and Koh Tan. Relax in paradise, enjoying the white sand beaches, turquoise waters and feast on a traditional Thai lunch. Get as active as you please with included sea kayaking and snorkelling off shore.

Meals included: Breakfast | Lunch

Day 4 Koh Samui/Khao Sok

Catch the ferry back to the mainland and drive to Anurak Community Lodge, located just outside Khao Sok National Park. Surrounded by lush rainforest, the lodge focuses on environmental sustainability and working with the local community. This evening, we take a rainforest walk with a community guide and enjoy a campfire dinner under the canopy.

Khao Sok is a stunning location with one of the oldest evergreen rainforests in the world, surrounded by limestone karst cliffs.

Ferry

Koh Samui - Don Sak 1h30m-2h

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

Private Vehicle

Don Sak - Khao Sok 1h30m-2h

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

National Geographic Journeys Exclusives: Rainforest Eco-Walk & Dinner

Explore the incredibly lush rainforest of Klong Phnom National Park alongside one of the locals who call this region home. This expert tracker is a conservationist and ecotourism guide who is now dedicating his life to the protection of the rainforest. He'll also discuss traditional jungle medicines and their role in the lives of the area's people. Afterward, sit down with our host at a campfire dinner of rainforest specialties.

Meals included: Breakfast | Dinner

Day 5 Khao Sok

Today is free to relax at the lodge or enjoy a walk along the trails. Opt to partake in various jungle activities.

Free Time

Khao Sok Full Day

Today is free for optional activities including jungle hikes, canoeing, or hot springs.

Optional Activities - Day 5

Hot Springs Visit

Khao Sok

Relax in hot pools fed directly from a local spring. Enjoy the soothing waters and stunning view of the surrounding jungle valley.

Khao Sok National Park Hike

Khao Sok

Explore the National Park with an expert local guide. Hike through stunning rainforest and keep an eye open for birds and monkeys.

Anurak Jungle Hike

Khao Sok

Enjoy a self-guided hike along the jungle trails surrounding the lodge.

Khao Sok Bicycle Tour

Khao Sok

Enjoy a guided cycling tour through the local villages surrounding the National Park.

Sok River Canoe Tour

Khao Sok

Take a guided canoe tour along the Sok river. Enjoy the stunning scenery and keep an eye out for birds, monkeys, and lizards.

Meals included: Breakfast

Day 6 Khao Sok/Krabi

This morning, drive to Krabi. On arrival, cross the river by private longtail boat past mangrove forests, visiting the Khao Khanab Nam caves to view prehistoric paintings and limestone formations. Later, on Koh Klang, jump in tricycle tuk-tuks to explore local communities and rural industries, including a rubber plantation to see tree tapping, rice fields, and a batik workshop. Learn about the culture and daily life of rural southern Thailand villagers.

Stay close to the beach and enjoy some of the beautiful scenic views that have made southern Thailand so famous. In the evening, grab a cocktail and relax at the pool. Your CEO will fill you in on all the other interesting options that are available in the area. This is the perfect place to get active or simply chill out and relax.

Our resort is located a short distance by tuk tuk to Aonang Beach and Noppharat Thara Beach. Enjoy the resort's excellent facilities including restaurant and bars, three large outdoor swimming pools, and rejuvenating spa (additional cost).

Private Vehicle

Khao Sok - Krabi 2h-3h

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

National Geographic Journeys Exclusives: Krabi Village Excursion

With our local guide, cross the Krabi River by typical long-tail boat, and jump in tuk tuks to explore local villages and farming communities. Interact with people going about their daily lives farming rice and vegetables and other rural industries. Learn about the culture and beliefs of the mostly Muslim population.

Optional Activities - Day 6

Kayaking

Krabi

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

Meals included: Breakfast

Day 7 Krabi

Enjoy the day to relax in paradise. Opt to catch a tuk tuk to Aonang Beach, visit spas, rent kayaks, or snorkel.

Free Time

Krabi Full Day

Relax at a spa, rent a kayak and stay active, or get to know the local marine life while snorkelling.

Optional Activities - Day 7

Massage (Southeast Asia)

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

Phi Phi Islands snorkelling excursion

Krabi

Set off by boat to the Phi Phi Islands for a full-day snorkelling and sightseeing excursion. The Phi Phi Archipelago consists of nine islands. Stop off at the backpacker haven of Phi Phi Don for shopping, exploring, or beach-lounging, and enjoy several stops for snorkelling throughout the day. Clear blue water with coral reefs and marine life await.

Maya Bay Boat Trip

Krabi

Enjoy a boat trip to Maya Bay and the surrounding islands, including Monkey Island, where the monkeys have long fangs to crack open crab shells. We then go on to Koh Phi Phi, where the movie "The Beach" was filmed. Get to know the local marine life while snorkelling. Explore the amazing Viking Cave.

Meals included: Breakfast

Day 8 Krabi/Bangkok

Return to bustling Bangkok. The tour ends at the airport.

Today we return to bustling Bangkok. The tour ends at the airport in the mid-to-late afternoon.

Plane

Krabi - Bangkok 1h30m

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

Departure Day

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

Meals included: Breakfast

What's Included

National Geographic Journeys Exclusives: Rainforest Eco-Walk & Dinner, Khao Sok

National Geographic Journeys Exclusives: Krabi Village Excursion, Krabi. Arrival transfer. Koh Madsum and Koh Tan Excursion.

Kayak trip in Koh Mae Ko. Jungle trek to the green lagoon. Internal flights. All transport between destinations and to/from included activities.

Highlights

Kayak along Koh Mae Ko, Cross Krabi River on a traditional long-tail boat, Explore rural Thailand on tricycle tuk tuks, Relax and enjoy a Thai massage at a spa

Dossier Disclaimer

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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

1. DEPARTURE FLIGHT

This trip ends at the Bangkok airport mid-to-late afternoon on Day 8. Flight times can vary and are always based on availability. Please do not book any flights from Bangkok until after 3PM to ensure you have enough time to catch your forward flight. We also can arrange post-night accommodation in Bangkok - please speak to your agent for details.

2. 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.

Meals Included

7 breakfasts, 1 lunch, 1 dinner

Transport

Private bus, minivan, boat, walking, plane.

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

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

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. To meet your arrival transfer go to gate number 10 in the arrival hall near the airport information counter and look for a National Geographic Journeys sign with your name on it.

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.

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 at gate number 10 of the airport, in the arrival hall. Look for a driver holding a National Geographic 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.

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 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 24 hour Sales team, who will happily assist you.

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

Finishing Point Instructions

This trip ends at the International airport in Bangkok. If you are departing today, please be sure to book your international flight for late afternoon or evening. Should you wish to stay the night in Bangkok, please ask your sales agent to about booking post night accommodation.

What to Take

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. 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 recommended for G Adventures trips a backpack or rolling bag of small to medium size (no XXL ones please!). You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

Checklist

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)
- * Passport (required) (With photocopies)
- * Required visas or vaccination certificates (required) (With photocopies)
- * Vouchers and pre-departure information (required)

Essentials:

- * 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

- * 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
- * Toiletries (Preferably biodegradable)
- * Watch and alarm clock
- * Waterproof backpack cover
- * Windproof rain jacket

Smart Dress:

- * Smart outfit (For evenings out)

Warm Weather:

- * Sandals/flip-flops
- * Shorts/skirts (Longer shorts/skirts are recommended)
- * Sun hat/bandana
- * Swimwear

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 and Entry Requirements

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 you 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: USD150-200 for optional activities not included in the trip.

Grand palace (Bangkok) - USD15

Royal Barge Museum (Bangkok) USD 1.50

Wat Po (Bangkok) - USD3

Klong(Canal) Tour (Bangkok) - Approx \$10-30 dependent on numbers

Kayaks (Koh Samui) - USD7 per hour

Ang Thong Marine National Park - kayaking, and snorkelling (Koh Samui) USD 67

Island City Tour - Big Buddha Temple, Chinese temple, 1000 arms goddess, View Point, Grandmother and Grandfather rock, waterfall, mummified monk (Koh Samui) USD 15

Boat tour around Island - Big Buddha Beach, snorkeling at Green Peace Island, Swallows Nest Island, sightseeing and relaxing (Koh Samui) USD 50

Cooking Class (Koh Samui) USD 70

Jungle Safari Tour Full Day tour USD 67 and Half Day tour (Koh Samui) USD 50

Thai massage - USD10-30 per hour

Four Islands Tour, including snorkeling (Krabi)- USD30

Scuba diving (Krabi) - USD80-200

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

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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

The Planeterra Foundation planeterra.org is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs 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.

Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

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.

Minimum Age

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.

International Flights

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.