

## Indochina Encompassed - ATIE

29 days: Bangkok to Bangkok

### What's Included

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Bangkok klong trip. Wat Po entrance and guide. Doi Suthep entrance (Chiang Mai). Pak Ou caves entrance. Traditional Arts & Ethnology Museum guided tour (Luang Prabang). Kuang Si waterfalls trek (half-day). Laotian homestay experience. Water puppets performance (Hanoi). Ho Chi Minh Mausoleum entrance (when open). Halong Bay caves entrance. Halong Bay boat cruise with seafood lunch and dinner. Imperial Citadel and Tomb entrance (Hue). Cu Chi Tunnels entrance and tour (Ho Chi Minh City). Mekong Delta day trip. Cyclo tour (Phnom Penh). Tuol Sleng and Choeung Ek (Killing Fields) entrance and guide. Angkor Wat complex entry and guide, including sunrise tour (Siem Reap). Local Khmer dinner in nearby village either at the Planeterra-supported New Hope project or with a local family (depends on departure). Border crossing support. 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, 2015 - December 31st, 2015

### Itinerary

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### Day 1 Bangkok

Today is arrival day so there are no activities planned. You are free to relax, explore the city & adjust to the frantic pace and humid heat of Bangkok.

Please arrive at our start point hotel before 6pm for an important group meeting where you will meet your Chief Experience Officer (CEO) and the other group members. Please look for a sign on the hotel's notice board for the time and location of your group meeting.

At this meeting your CEO will ask to sight your travel insurance, check that you have a visa for Vietnam and complete some other paper work. Please note that you MUST arrive on tour with your Vietnam visa. Please refer to the visa information section of these trip notes for more information on obtaining your Vietnamese visa. After your meeting, you may choose to head out for an optional dinner to further get to know your CEO and fellow group members.

We spend this evening in Bangkok. Our hotel is located in China Town, next to the central train station and MRT (Subway), and is only a short USD2 taxi ride from Khao San road and the central shopping area of Siam Square, MBK, Siam Paragon, etc. All rooms are double or twin share with air conditioning and en suite bathroom. The hotel has a small pool and wifi is available at extra cost.

\*Please note: if you have pre-booked the Adrenaline Bundle or Culinary Bundle your CEO will inform you when you will do each activity throughout your tour: Flight of the Gibbons (Day 1 - Bangkok) (pre night recommended), Sunset ATV tour (Day 14 - Siem Reap), Cave Rappelling (Day 18 - Hoi An), Vietnamese Cooking Class (Day 19 - Hoi An) and Thai Cooking Class (Day 29 - Bangkok). For more information on the Bundle see the Optional Activities section.

### Day 2 Bangkok (B)

Enjoy a one-hour long tail boat tour of Bangkok's famous klongs, or canals. Our boat trip finishes at the Royal Temple of Wat Po. Our included guide will introduce you to Thai Buddhist culture and show you the famous reclining Buddha. When your guided tour ends

there will still be time for some afternoon shopping, a visit to Grand Palace or a stroll through the backpacker area. We will meet back at the hotel within easy walking distance to the train station where we board our overnight train to Chiang Mai.

Tonight's accommodation is an overnight sleeper train. Beds are dormitory style, with bunks on two layers along the side of the train carriage. There are curtains along each bunk for privacy. Your luggage will be accessible during the journey. The train has air-conditioning and clean bedding is provided for each bunk. There are both western style and asian style toilets at the end of each carriage. Food and drinks are served on the train but you can always bring your own food from the shops and restaurants in the train station.

Please note: Due to disruptions of Thai trains in the north during the monsoon season, trips running July through October may be upgraded to a flight and extra hotel night in Bangkok.

Approx travel time:

Overnight train from Bangkok to Chiang Mai: 12-13 hours.

### **Day 3 Chiang Mai**

We arrive in the early morning and have free time to explore for the rest of the day. To fill your free time you can choose from a large range of optional activities or stroll the city independently. Surrounded by rolling hills, Chiang Mai is the cultural center of Thailand. Enclosed by a moat and crumbling walls, the old city features great cafes, shops and over 300 temples. Many visitors come here to attend cooking courses, massage classes or yoga lessons. It is also a mecca of handicraft production, with a long history of silverwork, woodcarving, pottery-making and weaving. A trip out to the countryside is available for those interested in cruising down a stream on a bamboo raft. The fun does not end when the sun goes down, as the night bazaar opens. The bazaar is a series of covered markets, shops and stalls that offer the best selection of handicrafts in Thailand.

Late afternoon we set off to visit the temple complex, Doi Suthep. Here we can delve deeper into Thai Buddhist culture and we may be fortunate enough to witness the chanting of the monks.

We overnight in Chiang Mai. Our hotel is well located within walking distance to Chiang Mai Night Bazaar and other city destinations. All rooms are double or twin share with air conditioning and en suite bathroom. Free wifi is available.

Approx travel time:

Private transport Chiang Mai to Doi Suthep temple: 45 mins each way.

### **Day 4 Chiang Kong**

A 5 hour bus drive takes us to Chiang Khong where our guesthouse affords spectacular views of the Mekong River. Enroute we can visit Wat Rong Khun - the dazzling White Temple. Wander the local food market or sit back and enjoy the slow pace of life as we spend our last evening in Thailand peering across the Mekong into Laos.

We spend one night in Chiang Khong, a small border town which is a part of the trade route between Laos and Thailand. Free wifi is available in the lobby at no charge. All rooms are double or twin share with air conditioning and en suite bathroom.

Approx travel time:

Private transport Chiang Mai to Chiang Kong: 5 hours

### **Day 5 Mekong River**

We cross the river border today to Laos by small local boats to Ban Houay Xai and Lao Immigration. Once we have completed the immigration process we take a songthaew (local bus) to our traditional slow boat. As we travel down the Mekong River you slowly adjust to the relaxed pace of life in Laos. A predominantly mountainous country, we have unsurpassable views of the riverside villages, the tropical jungle and the mountains.

Our private boat is reasonably comfortable and spacious. A toilet is available on board. Fruits, tea and coffee, are provided free of charge for you to enjoy and other drinks, such as water and soft drinks are all available for purchase on the boat. It can be quite cold from November to February so make sure you have some warm gear packed.

We overnight in Pak Beng village, a stopover for local traders heading to Luang Prabang. As for tourists, the town offers an interesting vibe and good introduction to Laos. Our guesthouse is located some 200 meters from the pier. All rooms are double or twin share with Fan and en suite bathrooms.

Approx travel time:

Songthaew hotel to border: 10 min

Songthaew to boat: 10 min

Chiang Kong to Pak Beng: 8-10 hours depending on river conditions

### **Days 6-8 Luang Prabang (3B,1D)**

On day 6, we approach Luang Prabang in the late afternoon. Before arriving, we will make a stop outside of town at the Pak Ou caves. This dramatic cave houses thousands of Buddha statues and images and is considered an important spiritual sight by many Lao people. After our visit, we re-board the boat and continue to Luang Prabang, arriving around 5pm. Located at the confluence of the Nam Khan and Mekong Rivers, Luang Prabang is without a doubt the most charming city in Laos and one of the loveliest towns in the whole of South East Asia.

The center of the UNESCO world heritage listed town is quite small and is accessible either on foot or by bicycle. You can visit the most impressive of Luang Prabang's 32 temples including Vat Vixoun, Vat Sene, and Vat Xiengthong. Why not pack a picnic to eat on Phousi Hill and watch the sun set over the horizon or rise at dawn to watch the monks walk through the city collecting offerings of food from the locals. Take an afternoon to browse the many textile galleries and relax and enjoy a local coffee in one of the town's cafes.

We take a tour of the Ethnology Museum- a great chance to learn more about the dress and customs of the local people. We also make a half-day trip out to the stunning Kuang Si waterfalls. Don't forget your swimsuit. During our stay, we will enjoy a traditional Lao meal experience in a local home partaking in a traditional Buddhist ceremony and enjoying some Laos delicacies.

We overnight three nights in Luang Prabang. Our hotel is centrally located within walking distance to Luang Prabang Night Market. All rooms are double or twin share with air conditioning and en suite bathroom. Free wifi is available.

Approx travel time:

Pak Beng to Luang Prabang: 8-10 hours depending on river conditions

### **Days 9-10 Homestay/Vang Vieng (2B,1D)**

Embark on a scenic drive through winding mountains to a village to experience a local homestay. Enjoy traditional Laotian food while getting to know your host family. Here, your local guide will explain the life of the people in this village.

Typically, the group is divided into 2 or more homes in close proximity to each other. Mattresses are placed across the floor in the central living area for sleeping. Each mattress will also include a blanket, pillow and a mosquito net. Bathroom facilities are shared.

The evening meal is eaten together in one of the houses. The food will be very simple and an excellent opportunity to experience typical Lao cuisine. A vegetarian option will be available.

On Day 10 we drive to the picturesque town of Vang Vieng. Surrounded by limestone karsts, Vang Vieng is ideal for exploring the countryside by bicycle.

Our hotel in Vang Vieng all rooms are double or twin share with air conditioning and en suite bathroom. Free wifi is available.

Approx travel time: Private transport Luang Prabang to Homestay/Vang Vieng: 7 hours on a winding mountain road.

### **Day 11 Vientiane (1B)**

A drive out of the mountains takes us to one of Asia's sleepest capital cities. Enjoy the highlights of Vientiane including Wat Sisaket, one of the city's oldest and most fascinating temples and Phat That Luang, Lao's national symbol and one of her most sacred sites. For those who like to shop, don't miss the Morning Market, which, incidentally, is open all day!

Our hotel is centrally located within walking distance of all the town's main sights. All hotel rooms are double or twin share with air conditioning, safe deposit box, and en suite bathrooms. Free wifi is available.

Approx travel time:

Private transport Vang Vieng to Vientiane: 3 hours

### **Days 12-13 Hanoi (2B)**

A short flight on Day 12 takes us away from quiet Laos and into the bustling city of Hanoi, the capital of Vietnam. A leisurely walk through the Old Quarter perhaps followed by a traditional Vietnamese meal are the perfect way to start your visit to this diverse country. On Day 13 we visit the Ho Chi Minh Mausoleum, his Presidential Palace and House on Stilts. The Mausoleum houses the embalmed body of Ho Chi Minh, the founding father of unified Vietnam. Please note: the mausoleum and museum are closed for refurbishment from October-November each year.

During the afternoon, your time is free to explore this beautiful city. Visit the Tran Quoc Pagoda, the Temple of Literature, the Museum of Ethnology or just take a walk through Hanoi's Old Quarter – a virtual maze of fascinating streets, each one traditionally devoted to a different product or industry. Late afternoon or early evening, we attend a performance of Vietnam's famous water puppets before sampling one of Hanoi's amazing eating venues. Ask your CEO to tell you more about the local Northern delicacies.

We spend two nights in Hanoi. Our hotel is located in the Old Quarter. All rooms are double or twin share with air conditioning and en suite bathroom. Free wifi and a public computer are available at the lobby.

Approx travel time:

Flight Vientiane to Ha Noi: 1.5 hours.

Transfer from airport to hotel: 45 mins

There is an opportunity to exchange money or use an ATM at the airport

Please note: As this is a combination trip, some of your tour members may depart in Hanoi and you may be joined by some new traveling companions on Day 13.

### **Days 14-15 Halong Bay/Hanoi (2B,2L,1D)**

On day 14, we have private transport to Bai Chay harbour, our entry point to Halong Bay. Thousands of islands rise dramatically from the waters of Halong Bay and, to further their beauty, intricate cave systems naturally exist throughout these limestone karst formations. Our sailing junk will take you to visit some of the islands and caves. You could enjoy an evening drink on the deck beneath the stars. Our accommodation tonight is a truly special experience – sleeping on a boat surrounded by high limestone karsts. All cabins are double or twin share with air conditioning and en suite bathroom.

On day 15, after an early lunch on board the boat we head back to Hanoi. You have time to do some last minute shopping.

The sleeper trains throughout Vietnam are quite comfortable. Each cabin sleeps 4 people in 2 bunk beds. You will be able to lock the door from the inside. All bedding is provided. The train is air conditioned and has squat and Western style toilets with a wash basin at the end of each compartment. Bags can be stored in your cabin and accessed at anytime. Food and drinks are available for purchase on board. This is not to everyone's taste, so we recommend you bring your own.

Approx travel time:

Private bus Halong Bay to Hanoi: 4 hours each way

Transfer to train station: 15 min

Overnight train Ha Noi to Hue: 14-15 hours

### **Day 16 Hue (1B)**

We arrive early on day 4 into Hue, once the imperial capital of Vietnam. After checking in to our hotel, we start our day with a visit to the wonderful Tien Mu Pagoda. Built over 400 years ago, and at seven stories high, Tien Mu is still the tallest and perhaps the most elegant pagoda in Vietnam. We then visit a tomb of one of Vietnam's former emperors. These tombs are extremely ornate and embrace the concept of Feng Shui.

Afterwards, you may choose to enjoy a vegetarian lunch at a local nunnery and there are various options to head out by bike to explore the local countryside. Please ask your CEO for more information.

In the evening, take the chance to try some local Hue specialties such as banh khoai (Hue savoury pancakes), and banh bot loc boc tom thit (thin rice paper filled with meat and shrimp). You might want to wash it all down with a Hue beer. Yum!

Our accommodation tonight is centrally located in the main street of Hue. All rooms are double or twin share with air conditioning and en suite bathroom. A swimming pool and wifi are also available.

### **Days 17-19 Hoi An (3B)**

This morning we'll start our day touring the wonderful ruins of the Imperial Citadel, from where the whole of Vietnam was once ruled. You'll enjoy exploring the many palaces and gateways, courtyards and gardens of this beautiful complex and of course hearing the stories of the emperors who once lived here.

In the late morning we begin our drive to Hoi An. After crossing over the Hai Van Pass, with fantastic views in all directions, we will stop at Lang Co Beach, arriving in Hoi An in the afternoon for our three night stay.

Once known as Faifo, Hoi An was an important trading town with strong south Chinese influence and connections. Opt to support a Planeterra project and spend an hour learning how to make your own traditional lantern and support local Vietnamese with chronic

disabilities. Or take a walking tour of this living museum which includes the Museum of History and Culture, the Tan Ky house, the Japanese bridge, the Fujian Assembly Hall and lunch at a riverside restaurant to sample some of the local delicacies. Hoi An is also a shopping mecca for tourists in the region. Tailors can produce virtually anything overnight, with clothing, silk lanterns, lacquer ware and many other crafts abound. For sun worshipers, Cua Dai Beach is only 4kms from town and it is an easy bicycle ride to reach.

We overnight three nights in a Hoi An. All rooms are double or twin share with air conditioning and en suite bathroom. Free wifi and a public computer are available in the lobby. The hotel also has a swimming pool to relax beside.

Approx travel time:

Private transport Hue to Hoi An: 4 hours

### **Days 20-21 Ho Chi Minh City (2B)**

Drive to Danang for the flight to Ho Chi Minh City, the sprawling metropolis that was once the capital of South Vietnam and remains the country's commercial center.

On the morning of Day 21 we take our guided tour of the Cu Chi Tunnels. A complexed network of tunnels 90 minutes from the city where the locals lived during the American War to keep safe. The afternoon is free time to visit the Thien Hau and Giac Vien pagodas and stroll through the immense Ben Than Market. There is also the Reunification Palace, the residence of the presidents of South Vietnam before 1975, Cholon (literally translated: Big Market), the Chinese quarter and the War Remnants Museum.

We overnight two nights in Ho Chi Minh City. All rooms are double or twin share with air conditioning and en suite bathroom. The hotel is well located in near the Benh Than Market, backpackers area, war remnant museum and within walking distance to all the French colonial buildings. Free-Wifi and a computer are available at the lobby.

Approx travel time:

Private transfer Hoi An to airport: 45 min

Flight from Hoi An to Ho Chi Minh City: 1 hour

Private transfer from airport to hotel: 30 min

### **Day 22 Mekong Delta Day Trip (1B)**

Today we travel to where the mighty Mekong River approaches and empties in to the South China Sea. We board a small boat and navigate through the narrow canals, witnessing local lifestyle, floating vendors and small industrial boats. You will notice that many of the Vietnamese boats have eyes painted on the front to ward off evil spirits and to help guide the boat and crew safely back to land. We disembark our boat to visit some cottage industries for which the area is famous such as delicious and chewy coconut candy, rice cakes, Vietnamese popcorn and pottery production. Don't miss the chance to try the unique regional 'elephant fish' at a local restaurant during our lunch break.

After a day of touring this unique region, we return to Ho Chi Minh City in time for dinner.

Approx travel time:

Round trip to Mekong Delta today is approx 4 hours.

### **Days 23-24 Phnom Penh (2B)**

On the Day 23, we cross in to Cambodia by public bus. The drive to the border takes about 2 hours. After processing all border formalities, we continue on by bus to Phnom Penh, Cambodia's capital, arriving mid-afternoon. After years of civil strife and political turmoil Cambodia is open for visitors. Late afternoon we take a short Cyclo ride around the city.

With our local guide on day 24, we witness the dark side of Cambodian history with visits to Choeng Ek, the site of the infamous Killing Fields and Tuol Sleng prison, the notorious Khmer Rouge prison where thousands of Cambodians perished. Afterwards, continue sight seeing on your own. You can explore the cities many sights: the Royal Palace, Silver Pagoda, and the National Museum. There is time to visit the huge Russian Market packed with souvenirs and all the necessities of daily life. Late afternoon is a great time to visit Wat Phnom where the sanctuary for which the city is named once stood. It is a Buddhist shrine, although a Taoist goddess and numerous monkeys also reside here, and one of the pleasure spots for residents of the city. A drink in one of the many riverside café's watching the sunset is a fitting finale to the day.

We overnight two nights in Phnom Penh. All rooms are double or twin share with air conditioning and en suite bathroom. Free-Wifi and a computer are available at the lobby.

Approx travel time:

Public bus Ho Chi Minh City to Phnom Penh: 6 hours including a short lunch at the local restaurant and border crossing

### **Days 25-27 Siem Reap/Angkor Wat (3B)**

After a private bus trip through the Cambodian countryside we arrive in Siem Reap, explore Angkor, the former capital of the Khmer kingdom and one of the wonders of the archeological world. Rediscovered at the end of the 19th century by French explorers this vast ruined city is becoming one of the most popular sites in Southeast Asia. Over 2 days, with our professional local guide, visit some of the highlights of this ancient capital, like Sunrise at the magnificent temple of Angkor Wat, the enigmatic Bayon within the walled city of Angkor Thom and Ta Prohm, also known as the 'Tomb Raider' temple.

Please note that if you have booked the Adrenaline Theme Pack you will be picked up from your hotel in the late afternoon to ATV (All Terrain Vehicle). While exploring enjoy sunset over the beautiful countryside.

Trips departing on Mondays, Thursdays, Saturdays and Sundays will enjoy a meal in a nearby village at the Planeterra-supported New Hope project. Trips departing on Tuesdays, Wednesdays and Fridays will visit a local home in a nearby village for a traditional meal. 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.

We spend three nights in the Siem Reap. Our hotel is located away from the noisy area of city center but still within a walking distance or a short tuk tuk ride to town area. Swimming pool inside the hotel should keep you relaxed away from the heat of Siem Reap. All rooms are double or twin share with air conditioning and en suite bathroom. Free-Wifi and a computer are available in the lobby.

Approx travel time:

Private bus Phnom Penh to Siem Reap: 6 hours

### **Day 28 Bangkok (B)**

A long day's private bus ride takes us from the countryside of Cambodia to the modern kingdom of Thailand. It is a scenic drive through a very rural part of Cambodia. The border crossing formalities can take up to 2 hours. Once we reach the Thailand side we continue on with the drive to Bangkok.

We have time to check-in to our centrally located hotel and head out for an evening meal and time to take in the local nightlife.

We spend this evening in Bangkok. Our hotel is located in China Town, next to the central train station and MRT (Subway), and is only a short USD2 taxi ride from Khao San road and the central shopping area of Siam Square, MBK, Siam Paragon, etc. All rooms are double or twin share with air conditioning and en suite bathroom. The hotel has a small pool and wifi is available at extra cost.

Approx travel time:

Private bus Siem Reap to Cambodian border: 2.5 hours

Private minivans Thai border to Bangkok: 4 hours

### **Day 29 Bangkok (B)**

You are free to depart at any time today. Please note check out time is 12pm midday.

## **What's Included**

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Bangkok klong trip. Wat Po entrance and guide. Doi Suthep entrance (Chiang Mai). Pak Ou caves entrance. Traditional Arts & Ethnology Museum guided tour (Luang Prabang). Kuang Si waterfalls trek (half-day). Laotian homestay experience. Water puppets performance (Hanoi). Ho Chi Minh Mausoleum entrance (when open). Halong Bay caves entrance. Halong Bay boat cruise with seafood lunch and dinner. Imperial Citadel and Tomb entrance (Hue). Cu Chi Tunnels entrance and tour (Ho Chi Minh City). Mekong Delta day trip. Cyclo tour (Phnom Penh). Tuol Sleng and Choeung Ek (Killing Fields) entrance and guide. Angkor Wat complex entry and guide, including sunrise tour (Siem Reap). Local Khmer dinner in nearby village either at the Planeterra-supported New Hope project or with a local family (depends on departure). Border crossing support. Internal flights. All transport between destinations and to/from included activities.

## **Highlights**

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Float down the mighty Mekong River, explore the bustling streets of Hanoi, sail a junk through Halong Bay, shop in Hoi An, experience magnificent Angkor Wat.

## **Dossier Disclaimer**

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## Itinerary Disclaimer

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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

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Please note that this trip is a combination of multiple G Adventures tours. As such, the 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. Also note that in some major cities in Vietnam, many hotel rooms do not have windows.

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 15 kg (33lbs). Additional bags or excess weight charges may apply. These charges are the responsibility of the passengers.

## Group Leader Description

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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

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Max 15, Avg 10

## Meals Included

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24 breakfasts, 2 lunches, 4 dinners.

## Meals

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Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. 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 maybe 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.



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

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## Meal Budget

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Allow USD600-800 for meals not included.

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## Transport

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Train, local bus, air-con bus, plane, walking, songthaew, boat.

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## About our Transportation

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Train travel in Vietnam is very basic and train cleanliness is often not a priority for train staff. Sleeper trains normally have 4 seats per compartment, which convert into sleeping bunks (two upper and two lower). A sheet, pillow and blanket are provided, although many people prefer to bring their own sleeping sheet. At times, passengers of different genders may be required to share a sleeper train berth and/or share a compartment with people not travelling in your group.

Simple food is available on the train but many people like to stock up on freshly baked bread, cheese and fruit prior to departure. Water should also be bought before the journey.

Train journeys in Vietnam are an experience and allow you to get a real taste of Vietnam.

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## Local Flights

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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.

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## Solo Travellers

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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.

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## Accommodation

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Hotels (24 nts), village homestay (1 nt), sleeper train (2 nts), junk boat (1 nt).

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## My Own Room Exceptions

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Nights 2 & 15, Sleeper train; Night 9 Homestay, Night 14, Halong Bay boat

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## About Accommodation

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

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## Joining Hotel

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Hotel Centra Central Station Bangkok  
23/34-35 Traimit Road  
Taladnoy, Bangkok  
10100  
Thailand  
Phone: +66 (0) 2 344 1699

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## Joining Instructions

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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.)

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

#### Public Bus

The Airport Bus operates 4 bus routes to downtown for a cost of 150 Baht for the entire route. Bus AE2 goes to Banglamphu and Bus AE4 goes to Hua Lamphong train station. Our hotels are located in both the Bang Lamphu and Hua Lamphong areas.

#### 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 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

If you are staying at the Centra Central Station Bangkok, you can take the Airport Train. Board the express airport train at a cost of 150 THB to the City Air Terminal; Makkasan. Here you will need to disembark and change to the MRT (subway) 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.

Arrival Transfers If you have paid for an arrival transfer when you booked your trip then please proceed to the Airport Information Counter near entrance 3 and look for the driver who should be holding a G Adventures sign.

Please note, the hotel lobby is located on the top floor of the building. When arriving at the Hotel Centra Central Station Bangkok, take the elevators up to the top floor, check in and then proceed to your room.

### Arrival Complications

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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

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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

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

## What to Take

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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 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 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. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

## Checklist

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Passport (with photocopies)

Travel insurance (with photocopies)

Airline tickets (with photocopies)

USD cash (small denominations preferred)

Credit or debit card (see personal spending money)

G Adventures vouchers, pre-departure information and dossier

Any entry visas, additional passport photos or vaccination certificates required

Alarm clock

Flashlight

Sunblock/Sun hat

Sunglasses

Insect repellent

Small towel and swim wear

Toiletries (biodegradable)

Sturdy walking shoes/sport sandals

Money belt

Shorts

Long trousers

Hiking pants/track pants

Shirts/T-shirts

Rain gear

Rain jacket or poncho

Umbrella

Warm clothing

Fleece jacket or warm layer

Hat

Gloves

Cover for backpack or plastic bags to keep clothes dry

Clothes for temples – long pants or sarongs

Camera and film

Reading/writing material

Binoculars

Pocketknife

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

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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

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Please note that visas for Thailand, Vietnam and Cambodia 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. It is important that you check for yourself. For most travellers there will probably be an Embassy or Consulate in the country that you live in.

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. Please ensure you obtain a multiple entry Visa as we do exit and re-enter Thailand on this tour.

Only 15 day tourist visas are issued when entering Thailand overland. If you are staying more than 15 days you should consider getting your visa prior to your trip.

Please note that certain nationalities (including: Bhutan, China, Cyprus, Czech, Estonia, Hungary, India, Kazakhstan, Latvia, Lithuania, Maldives, Oman, Poland, Russia, Saudi Arabia, Slovakia, Slovenia, Taiwan and Ukraine) may not be able to obtain visa at a land border.

CAMBODIA - Visas can be obtained in advance from your local Embassy or on arrival in Bangkok. You will need at least one full working day to arrange this. You can also obtain your visa at the Cambodian border for approx. \$30 USD very easily. You will need two passport sized photos.

\*Please have extra USD on hand in case the customs officials charge more at the border crossing.

VIETNAM - Visas for Vietnam need to be arranged ahead of time (BEFORE your trip) as the processing time varies and they are not available at the borders. We enter Vietnam on day 12 of the trip. Please ensure your visa "valid from date" is on or before day 12 of the trip.

Some nationalities don't require a Visa for Vietnam for shorter stays - please contact your Foreign Ministry for up to date entry/exit requirements.

LAOS - Visas are issued upon arrival in Laos. You will need two passport size photographs and approx \$50. Tourists are generally admitted to Laos for 15 days with a visa on arrival or for 30 days with a visa issued at a Lao embassy. Please bring lots of visa photos with you.

Border crossings

Poipet, Cambodia - Thailand to Cambodia

Vinh Xuong, Vietnam (or Chau Doc). Cambodia to Vietnam

Lac Sao. Vietnam to Laos

Chiang Khong. Laos to Thailand

Please be aware that you will require four clean pages (minimum) in your passport and at least six months validity.

## Detailed Trip Notes

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Border crossings during the ATIE:

Huay Xai, Laos - Thailand to Laos

Hanoi airport, Vietnam - Laos to Vietnam  
Bavet, Cambodia - Vietnam to Cambodia  
Aranya Prathet, Thailand - Cambodia to Thailand

## Spending Money

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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

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

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$500 (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

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

## Tipping

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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

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### PERSONALIZE MY TRIP

Our trip designers work very hard to assemble the life-altering experiences that fill this brochure. That said, our travellers are a diverse group driven by all sorts of different tastes, motivations and interests. What's a trip designer to do? The solution? Extras! Specially designed for travellers with unique interests, Extras are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure.

Extras available on this trip:

**SOUTH EAST ASIA ADRENALINE BUNDLE**

### FLIGHT OF THE GIBBONS

Bangkok, Full-day

Soar across 3 kilometres of Thai jungle on a zipline and learn about the local lore, wildlife and geology from an expert guide. (Not at the same time, of course. That'd be kinda complicated.)

Note: If the Extra is on the arrival or departure day we strongly recommend booking an additional night.

#### CAVE RAPPELLING

Hoi An, Half-day

Explore the temples of one of Vietnam's most sacred mountain retreats, then test your faith in gravity by abseiling from the summit, then into a cave, then into a temple chamber. Mind = blown.

#### ATV TOUR

Siem Reap, Aprox. 1 hr

Starting in late afternoon, this Sunset ATV (All Terrain Vehicle) tour takes you through the countryside immediately surrounding Siem Reap and ends with a beautiful view of the setting sun as it dips below the rice fields.

#### THAI AND VIETNAMESE CULINARY BUNDLE

THAI COOKING at Silom Cooking School

Bangkok, Half-day

Learn to blend the herbs and spices of Thai cuisine at Silom cooking school. You'll shop for fresh ingredients at a local market, then prepare a meal from scratch with a certified instructor.

#### VIETNAMESE COOKING

Hoi An, Half-day

Using fresh herbs and produce, we learn the basics of mouthwatering Vietnamese dishes. Your experienced teacher will introduce you to many new ingredients and show you how they can be substituted when you return home, so that you can enjoy cooking for your friends.

\*For specific days of each activity please see the Full Itinerary\*

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Bring along USD300 for optional activities not included in the trip. Approximate costs (per person) for popular optional activities taken in free time are -

- Grand palace (Bangkok ) - USD11
- Jim Thompson's House (Bangkok) - USD3.5
- National Museum (Bangkok) - USD1.5
- Royal Barge Museum (Bangkok) USD1.5
- Grand palace (Bangkok) - USD11
- Thai massage – USD10 per hour
- Bicycle tour (Chiang Mai) - USD30 for Half Day
- Thai Cookery Course (Chiang Mai) - USD30 for Half Day
- Kan Toke Traditional Dinner (Chiang Mai) - USD30
- Bamboo rafting (Chiang Mai) - USD15 plus transport
- Royal Theatre (Luang Prabang) – USD6-12
- Cooking Class (Luang Prabang) – USD30 for Half Day
- Wat Xieng Thong (Luang Prabang) - USD1
- Arts and Ethnology Centre (Luang Prabang)- USD2
- Wat PhuSi and other Temples (Luang Prabang)- USD1-2
- Half day cottage industry tour (Luang Prabang)- USD5-8
- Bike Rental (Vang Vieng)- USD2
- Kayaking Trip (Vang Vieng)- USD15-20
- Visit one of the many temples (Vientiane) - Most entry fees USD1
- Buddha Park (Vientiane) - USD1 plus transport
- National Cultural Museum (Vientiane)- USD2
- Kayak Rental for 1 person (Halong Bay)- USD10 per hour
- Hoa Lao Prison- aka 'Hanoi Hilton' (Hanoi)- USD1
- Museum of Ethnology (Hanoi)- USD1 plus transport
- Temple of Literature (Hanoi)- USD1
- Fine Arts Museum (Hanoi) - USD1
- Women's Museum (Hanoi) - USD1

- Army Museum (Hanoi)- USD1
- Taxi to each museum - approx USD2
- Bicycle Hire (Hue) - USD1
- Boat trip on Perfume River (Hue) - approx USD15/hour
- Cooking Class (Hoi An)- USD20-25
- My Son Cham Ruins including car transport (Hoi An) - USD24
- Tu Bon River Boat Trip (Hoi An)- USD5
- Lifestart Lantern Making — a Planeterra-supported project (Hoi An) - USD 15 - Address: 77 Phan Chu Trinh, Hoi An, Vietnam  
Spend an hour learning how to make your own traditional lantern and support local Vietnamese with chronic disabilities
- Cyclo tour (Ho Chi Minh City)- USD4
- War Crimes museum (Ho Chi Minh City)- USD1
- The Reunification Palace (Ho Chi Minh City) - USD2
- Saigon Water Park (Ho Chi Minh City) - USD4
- National Museum (Phnom Penh)- USD3
- The Silver Pagoda (Phnom Penh)- USD6.25
- Tonle Sap Lake Tour (Siem Reap)- USD15-20
- Phare - The Cambodian Circus (Siem Reap) USD15.00-45.00

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

## Health

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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 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

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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/)

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## 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.

Be aware that petty theft can be an issue in some Vietnamese towns and cities especially late at night. A common tactic is opportunists on motorbikes that drive by and snatch bags. Please always leave valuables and passports etc in your hotel, in safety boxes if available, and only carry with you enough cash to spend for the day. Bags should always be carried over the neck and not left to sit on your shoulder.

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

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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](http://www.gadventures.com/medical-form).

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## 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.

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## 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.

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## 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.

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## Planeterra-The G Adventures Foundation

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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](http://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 Planeterra 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)

### Associated Planeterra Project

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G Adventures 20/20 Vision Centre. The province of Battambang in Northern Cambodia has 13 districts and 750 villages with a population of 1 million, 12,000 of whom are blind. The main causes of blindness in this area are cataract, uncorrected refractive errors, glaucoma, corneal scars and pterygium (skin like growth over the eye). Of these causes of blindness, 80-90% is preventable or treatable. An estimated additional 1,600 Cambodians become blind each year in Battambang. There is an extreme shortage of health personnel and infrastructure required to combat the identified eye care problems. In order to increase eye care services a Vision Centre funded by G Adventures with donations from corporate partners and travellers, will be established in Moug Russey, about 40kms south of Battambang. Vision Centres are essential for early detection and prevention of blindness. The centers are staffed by ophthalmic nurses or assistants as well as field workers and equipped with essential equipment for examining and treating simple eye conditions.

### Local Dress

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

### Feedback

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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](mailto:customerservice@gadventures.com) and we will send it on to you.

### Newsletter

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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.

### Travel Forum - The Watering Hole

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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](http://wateringhole.gadventures.com).