

Cambodia: Ancient Ruins & Boat Rides - ATRC

10 days: Bangkok to Ho Chi Minh City

What's Included

- Your G for Good Moment: Local Khmer Meal, Siem Reap
- Your Welcome Moment: Welcome Moment Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Big Night Out Moment: Siem Reap, Siem Reap
- Your Discover Moment: Phnom Penh
- Your Local Living Moment: Home Meal, Chambok
- Street food crawl
- Guided sunrise tour of Angkor Wat temple complex
- All transport between destinations and to/from included activities

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

VALIDITY: Valid for all trips departing January 13th, 2023 and onwards

Itinerary

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

Day 1 Bangkok

Arrive at any time and welcome to Thailand's bustling capital - Bangkok!

Tonight, meet your CEO and get to know fellow travellers as you cheers to new adventures.

You must arrive on tour with your Vietnamese visa. See the Visa section of the Tour Details for more information and exceptions.

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Your First Night Out Moment: Connect With New Friends

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

Accommodation W22 by Burasari (or similar) Hotel

Day 2 Bangkok/Siem Reap

Cross the border from Thailand into Cambodia, your home base for exploring Siem Reap and the incredible Angkor Wat. Opt to check out Phare Circus, a uniquely Cambodian experience.

Prefer to plan ahead? Pre-book the "Phare Circus" activity when booking your tour to include this exciting activity in your itinerary.

Private Vehicle

Bangkok – Aranyaprathet4h-4h Morning Settle in and scan the scenery from the convenience of a private vehicle.

Border Crossing (Thailand - Cambodia)

Aranyaprathet – Paôy Pêt30m-1h

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

Private Vehicle

Paôy Pêt – Siem Reap3h-3h Afternoon Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Siem Reap Evening Enjoy free time and see the Phare Circus.

Optional Activities - Day 2

Phare Circus Siem Reap

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

Meals included: Breakfast Accommodation Garden Village Siem Reap (or similar) Guesthouse

Day 3 Siem Reap

Watch the sun rise over the majestic and mystifying ruins of Angkor Wat. Then, taste all manners of salty, sweet, spicy, and sour with a delicious Khmer meal at a restaurant kickstarted by our non-profit partner, Planeterra, or with a local family. Later, head to the infamous Pub Street, where the party goes round the clock. Grab a bite to eat (deep-fried tarantula, anyone?) and let the beats move you through market stalls and bars.

Angkor Wat Guided Tour

Angkor Wat

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

Your G for Good Moment: Local Khmer Meal

Depending on the day of the week your tour visits Siem Reap, you will either enjoy a traditional meal at the G Adventures-supported New Hope project or in a local home in a nearby village. With so many travellers coming through this area, alternating experiences helps to allow multiple small businesses to flourish. Both experiences are truly unique and memorable.

The New Hope Vocational Training Restaurant, an initiative kickstarted by G Adventures, provides skillbuilding opportunities to marginalized community members. The project also funds the adjacent free community school and health centre. Meals at Phila's house support the education of underprivileged children in the area. Visit either project – both run by locals – and see how they have supported positive change in the community.

Your Big Night Out Moment: - Siem Reap

Head to YOLO Bar for a free drink and insect tasting, if you so desire. Cheers to all the life-changing adventures with newfound friends and dance the night away!

Optional Activities - Day 3

Tonle Sap Floating Village Siem Reap

25-30USD per person

Tour the floating villages of Tonlé Sap. See what life is like living on a lake — rice planting, attending churches and school, are all done on top of water. (Please note: this activity runs seasonally.)

Angkor Museum Visit

Siem Reap 12USD per person

Learn about the story of Angkor and the Khmer empire at the interactive Angkor Museum. Explore the museum's inspiring galleries and interactive technology, which bring Angkor's past to life. Opt to rent an audioguide (5USD) for the full experience.

Meals included: Breakfast | Lunch Accommodation Garden Village Siem Reap (or similar) Guesthouse

Day 4 Siem Reap/Phnom Penh

Travel to Phnom Penh, Cambodia's busy capital nestled along the mighty Mekong River. Get your bearings on an orientation walk and spend the rest of the evening at leisure.

Local Bus

Siem Reap – Phnom Penh6h-7h Climb aboard, grab a seat, and enjoy the ride.

Orientation With CEO

30m-1h

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

Meals included: Breakfast Accommodation Angkor International Hotel (or similar) Hotel

Day 5 Phnom Penh

Spend the day diving deep into Phnom Penh's culture and history. Opt to reflect on one of Cambodia's darkest periods with a visit to the Tuol Sleng Prison and the Killing Fields. Or venture to the Silver Pagoda or Royal Palace for a more peaceful experience. Later, discover the foodie side of this city on a street food crawl.

Phnom Penh can be confusing and we recommend to always keep a hotel card with you when you are exploring.

Street Food Crawl - Phnom Penh

Phnom Penh1h

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

Your Discover Moment

Phnom Penh Full Day

There's plenty to see and do in Phnom Penh, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like visiting the National Museum, going to the Silver Pagoda, and checking out the Royal Palace. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 5

National Museum Visit Phnom Penh 10USD per person Wander the galleries of the National Museum to see amazing works of art from Cambodia's "golden age" of Angkor. Visit the museum's lovely courtyard before you leave.

Silver Pagoda Visit

Phnom Penh 10USD per person

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

Tuol Sleng Museum (S-21 Prison) & Choeung Ek (Killing Fields) Half-Day Guided Tour

Phnom Penh 22-26USD per person Tour these sombre, yet serene, sites with a guide. Learn about the dark history and devastation that occurred at Security Prison 21 (S-21). Used by the Khmer Rouge regime, it is now Tuol Sleng Museum. Visit the killing fields of Choeung Ek, where the grounds now stand as a powerful memorial filled with victims' skulls and mass graves.

Meals included: Breakfast Accommodation Angkor International Hotel (or similar) Hotel

Day 6 Phnom Penh/Koh Rong

Ride in style to Sihanoukville and board a boat to your own private beach on Koh Rong island. Take the afternoon to taste local seafood, or sit back and relax with a drink before hitting the warm waves.

Please note that during monsoon season (between June to October), this itinerary may be subject to change based on weather conditions. If heavy rains and flooding prevent our boat from safely travelling to Koh Rong island, we will provide alternate activities and accommodations in a nearby town.

Private Vehicle

Phnom Penh – Sihanoukville4h-5h Settle in and scan the scenery from the convenience of a private vehicle.

Ferry

Sihanoukville – Koh Rong2h Get to the next spot on your route aboard a convenient and efficient ferry boat.

Meals included: Breakfast Accommodation Sok San Bay Resort Koh Rong (or similar) Resort

Accommodations at this property are multi-share.

Day 7 Koh Rong

Enjoy your last full day on this pristine island. Do anything you might have missed the day before, like fishing, hiking, or kayaking. Wait 'til after sunset to swim in a sea of blue sparkles caused by phosphorescent plankton. Ooh la la!

Free Time

Koh Rong Free time to enjoy paradise and hang around on the beach.

Accommodation

Sok San Bay Resort Koh Rong (or similar)

Resort Accommodations at this property are multi-share.

Day 8 Chambok Homestay

Head back to the mainland and journey to Chambok Village where you'll spend the night and get to know the local people over a delicious Cambodian home cooked meal. Immerse yourself in the community and wander around this remote region.

Ferry

Koh Rong – Sihanoukville2h Get to the next spot on your route aboard a convenient and efficient ferry boat.

Private Vehicle

Sihanoukville – Chambok1h30m-2h185km Settle in and scan the scenery from the convenience of a private vehicle.

Your Local Living Moment: Home Meal

Enjoy a delicious home-cooked meal served at a local residence – it's a great way to peek into day-to-day regional living.

Meals included: Dinner Accommodation Chambok Homestay (or similar) Homestay Accommodations at this property are multi-share.

Day 9 Chambok Homestay/Ho Chi Minh City

Cross another border into Vietnam, stopping in the famed Ho Chi Minh City where you'll spend the night in a popular backpackers hostel. Take this chance to visit the Ben Thanh Market for souvenirs and handicrafts before taking in the buzzing nightlife. Choose to venture to one of the many rooftop bars for a panoramic view and live music.

Private Vehicle

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

Border Crossing (Cambodia - Vietnam)

Bavět – Mộc Bái

Ready for a little more ink in your passport? Get ready to cross another country off your bucket list.

Local Bus

Mộc Bái – Ho Chi Minh City Climb aboard, grab a seat, and enjoy the ride.

Meals included: Breakfast Accommodation Phan Anh Backpackers Hostel (or similar)

Hostel

Spend the night in Ho Chi Minh city's backpacker district. Walk to nearby Bui Vien Street where people come to eat, drink and experience the city's vibrant nightlife, or visit the Cho Thai Binh market right next to the hostel for tasty local specialties. Accommodations at this hostel are multi-share.

Day 10 Ho Chi Minh City

Today, it's time to say goodbye to your group of newfound friends. Be sure to sneak in some last-minute photos and exchange social medias before you head on your way. Depart at any time.

Departure Day

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

Meals included: Breakfast

What's Included

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Highlights

Explore bustling Bangkok, catch the sunrise over Angkor Wat, enjoy a delicious local Khmer meal in a small village, chill out on golden beaches, connect with the locals on an overnight homestay

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

COMBO TRIPS

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

BORDER CROSSINGS

Aranyapathet, Thailand to Poipet, Cambodia - Thailand to Cambodia Bavet, Cambodia to Mok Bai, Vietnam - Cambodia to Vietnam*

LUGGAGE

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

ACCOMMODATIONS

Please note that in some major cities in Vietnam, many hotel rooms do not have windows.

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 18, avg 12.

Meals Included

7 breakfasts, 1 lunch, 1 dinner

Meals

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

Transport

Local bus, air-conditioned bus, ferry, walking.

Local Flights

There are no local internal flights in this itinerary.

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

Simple hotels (twin-share) (5 nts) and hostels (multi-share) (3 nts), homestays (1 nt).

About Accommodation

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

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

Chambok Homestay: This location has basic facilities including a squat toilet and douse shower (showering with a bucket)

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

Joining Instructions

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

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

Тахі

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 70 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 W22 by Burasari you can take the Airport Train. Board the City Line station is located on the basement level at Suvarnabhumi Airport (BKK) at a cost of 35-40 THB to the City Air Terminal; Makkasan. Here you will need to disembark A6 and change to interchange with MRT Blue Line (Phetchaburi), boarding at Phetchaburi Station. From Pethaburi Station travel to MRT Wat Mangkon, is only a short walk away and follow the signs at the exit 1

Arrival Transfers

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you (go to gate number 4). If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

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

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

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

Arrival Complications

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

If you have pre-booked an airport transfer please meet your driver near the information counter at Entrance Door number 4 of the airport, in the arrival hall. Look for a driver holding a G Adventures sign with your name.

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

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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

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 24/7:

From outside Thailand +66 (0) 92 338 9222 From within Thailand 092 338 9222

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

Toll-free, North America only: 1 888 800 4100 Calls from UK: 0344 272 0000 Calls from Germany: 0800 365 1000 Calls from Australia: 1 300 796 618 Calls from New Zealand: 0800 333 307 Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What 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 your 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.

Packing List

Conservative Dress:

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

Documents:

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

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- · Camera (With extra memory cards and batteries)
- · Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs

• First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/ plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)

- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local
- regulations.)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Note: Please pack clothing for the season in which you will be travelling. From Nov-Feb weather can be cold, so please pack warm clothing. From May-Oct it is the wet season, so please bring waterproof clothing.

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

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary

depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page <u>here</u>

Thailand:

Most nationalities do not need a visa for Thailand for stays of 30 days or less but if you do they are available on arrival at Bangkok Airport. If staying in Thailand for more than 30 days, you will be required to obtain a tourist visa in advance. Only 15 day tourist visas are issued when entering Thailand overland.

Vietnam:

If you require a visa for Vietnam, they need to be arranged ahead of time (BEFORE your trip) as the processing time varies (minimum 2 weeks) and they are not available upon arrival.

Vietnamese E-Visa can be applied for here

Entry to Vietnam with an eVisa is supported at 13 airports, 16 land borders, and 13 seaports - details can be found <u>here</u>

Cambodia:

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

Information is accurate as of April 1st, 2024.

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 currencies you will use are the Thai Baht, US Dollar, Cambodian Riel and Vietnamese Dong. 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 in Thailand and Vietnam.

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

Siem Reap

- Phare Circus
- Angkor Museum Visit (12USD per person)
- Tonle Sap Floating Village (25-30USD per person)

Phnom Penh

- National Museum Visit (10USD per person)
- Silver Pagoda Visit (10USD per person)

- Tuol Sleng Museum (S-21 Prison) & Choeung Ek (Killing Fields) Half-Day Guided Tour (22-26USD per person)

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.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort

to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

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

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 Foundation - the non-profit partner of G Adventures

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with <u>Planeterra</u> <u>Foundation</u>.

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

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/tanktops when visiting temples or mosques or other holy sites. In Pakistan we recommend a head scarf for women while walking around.

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 customersolutions@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 <u>Planeterra's monthly news</u> to learn more about how to give back and support the people and places we love to visit.

Minimum Age

Minimum age of 18 years for this trip.

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.