

## Best of Sumatra & Java - AESJ

16 days: Medan to Sanur

### What's Included

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- Your G for Good Moment: Ngadas Homestay, Desa Ngadas
- Your G for Good Moment: Village Walk, Desa Ngadas
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Medan city tour
- Jungle trekking in Gunung Leuser NP
- Coffee plantation tour
- Samosir Island stay
- Jakarta city tour
- Nglanggeran village homestay
- Mt Nglanggeran hike
- Prambanan temple complex visit
- Borobudur visit
- Mt Bromo sunrise visit
- Beach time in Sanur
- 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 December 31st, 2016 - December 31st, 2018

### Itinerary

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

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#### Day 1 Medan

Arrive at any time.

Welcome to Sumatra's bustling capital, where you'll first get a taste of Indonesia's urban side. There are no planned activities until the evening welcome meeting, so get out there and explore.

#### **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.

#### Day 2 Medan/Bohorok

Enjoy a city tour of Medan, including a visit to the massive Maimoon Palace. Continue to Bohorok, one of the largest national parks in the world, famous for its orangutan rehabilitation centre.

Please note that on today's drive, road conditions can be poor and the route can be winding. Make sure to bring motion sickness medication if you are prone to motion sickness.

**Private Vehicle**

Medan – Bohorok 4h 87km

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

**Medan City Tour**

Medan

Take in the dynamic city of Medan on a guided tour. Visit a number of highlights, including the elegant Maimoon Palace, a 30-room palace built by the sultan of Deli in 1888. Be wowed by the building's interior design and its Malayan, Mughal, and Italian influences.

**Meals included: Breakfast | Dinner****Day 3 Bohorok/Berastagi**

Trek through the diverse jungle of Gunung Leuser National Park for a chance to spot wild orangutans, among many other primates. Afterward, continue to Berastagi and enjoy the cooler weather of this picturesque alpine town, with a landscape dominated by two active volcanoes.

**Jungle Trekking in Gunung Leuser National Park**

Bukit Lawang

Wander through the jungle of this large national park home to endangered tigers, rhinoceroses, elephants, and orangutans. While your chances of spotting one of these elusive animals may be slim, there are plenty of other primates and birds hanging around. So keep your eyes peeled!

**Private Vehicle**

Bohorok – Berastagi 7h 163km

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

**Meals included: Breakfast****Day 4 Berastagi**

Hike up Gunung Sibayak Volcano for sunrise and take in the stunning view of the valley. Spend the free afternoon getting to know charming Berastagi. Opt to visit a rejuvenating hot spring, explore the surrounding Karo Highlands and villages, and indulge in local delicacies.

**Sibayak Volcano Hike**

Gunung Sibayak

Rise before the sun to hike Sibayak and catch a remarkable sunrise, taking in the stunning views of the valley and countryside. Sibayak is one of Indonesia's more accessible volcanoes (2094m or 6870ft), but be sure to watch your footing.

**Free Time**

Berastagi Afternoon

Use some free time to customize your tour and experience it your way.

**Optional Activities - Day 4****Hot Springs**

Berastagi

5USD per person

Relax in the local hot springs near Berastagi. Soak sore muscles and let all your cares melt away.

**Meals included: Breakfast****Day 5 Berastagi/Samosir Island**

Depart for the island of Samosir, situated in the centre of one of Southeast Asia's deepest lakes - Lake Toba. En route, stop for a visit at a coffee plantation and learn about the beloved Sumatra blend.

**Private Vehicle**

Berastagi – Samosir Island 5h 188km

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

**Coffee Plantation Visit**

Simarjarunjung Coffee Plantation

Learn all about your beloved cuppa java. Find out about the history of coffee in the area and hear more about the Sumatran blend.

### **Meals included: Breakfast**

#### **Day 6 Samosir Island**

Enjoy a free day relaxing or exploring the paradise of Samosir Island, which was formed, along with the lake, by a super volcano eruption almost a hundred-thousand years ago. Venture out to explore the tomb of King Sidabutar in Tomok village and wander past traditional batak houses and rice fields, shop till you drop in the colourful market, or swim in the pristine water to your hearts content.

#### **Free Time**

Samosir Island Full Day

Get out and explore all Samosir Island has to offer. Free time is yours to use any way you want.

#### **Optional Activities - Day 6**

##### **Tombs in Tomok Visit**

Tomok Bolon

25-50USD per person

Take a trip back in time and visit the tomb of King Sidabutar in Tomok, a village 5km (3 mi) from Tuk Tuk. Learn about Batak history and the legend of the king. See the monument's ornate carvings, and visit others close by, including another royal tomb said to be used as a fertility shrine.

### **Meals included: Breakfast**

#### **Day 7 Samosir Island/Medan**

Soak up your last morning on this peaceful island before driving back to busy Medan. For your final night in Sumatra, opt for a farewell dinner with your fellow travellers.

#### **Free Time**

Samosir Island Morning

Check a few more things off your list with free time in the morning.

#### **Private Vehicle**

Samosir Island – Medan 5h188km

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

### **Meals included: Breakfast**

#### **Day 8 Medan/Jakarta**

Fly from Medan to Jakarta and settle into this modern metropolis on the coast of Java.

In the evening, there may be new travellers joining the group. Opt to head out for a welcome dinner in town.

#### **Plane**

Medan – Jakarta 2h

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

### **Meals included: Breakfast**

#### **Day 9 Jakarta/Bandung**

Enjoy a guided city tour of Jakarta. In the afternoon, depart for Bandung. Opt to see the traditional angklung orchestra.

A guided city tour will visit the former Batavia area, remnants of the colonial past, and tour the Sunda Kelapa Harbour. In Bandung, opt to see the angklung orchestra — resonating melodies created when children shake bamboo instruments.

#### **Jakarta City Tour**

Jakarta

Tour Bandung and see the former Batavia area, where Jakarta began before it grew to its current size.

Visit the Sunda Kelapa Harbour — once the main port of the Sunda Kingdom, it's now a bustling port full of Makassar schooners.

#### **Private Vehicle**

Jakarta – Bandung 3h150km

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

#### **Free Time**

Bandung

Use some free time to make the most of Bandung.

#### **Optional Activities - Day 9**

### **Angklung Orchestra Performance**

Bandung

Opt to go to the angklung orchestra — a unique musical treat. Be moved by beautiful melodies at this traditional bamboo instrument concert performed by children.

### **Meals included: Breakfast**

### **Day 10 Bandung/Nglanggeran**

Take the morning train to Yogyakarta, enjoying beautiful scenery along the way, then transfer to Nglanggeran village for a homestay.

#### **Train**

Bandung – Yogyakarta 7h40m

Climb aboard, take a seat, and enjoy the ride.

#### **Private Vehicle**

Yogyakarta – Nglanggeran

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

### **Meals included: Breakfast | Dinner**

### **Day 11 Nglanggeran/Yogyakarta**

Enjoy a hike on Mt Nglanggeran before getting a closer look at local life. After lunch in the village travel back to Yogyakarta, visiting the Prambanan Hindu temple complex en route.

#### **Mount Nglanggeran Hike**

Nglanggeran 1h30m

Hike to the top of Mt Nglanggeran, a now inactive ancient volcano. Pass through a narrow gap in the rock as you follow the path, which gets steeper towards the top. From the summit, enjoy views of the picturesque mountain range and lush surrounds.

#### **Prambanan Hindu Temple Complex Excursion**

Yogyakarta

Tour Prambanan, the largest Hindu temple complex in Java, and learn about the history of the temples. Built between the eighth and tenth centuries, these temples now stand as one of the most outstanding works of Hindu art. View their intricate design, particularly on the Shiva temple.

#### **Private Vehicle**

Nglanggeran – Yogyakarta

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

### **Meals included: Breakfast | Lunch**

### **Day 12 Yogyakarta**

Visit Borobudur, the largest Buddhist sanctuary in the world. Later, enjoy free time to explore Yogyakarta.

Spend time at Borobudur and come away with a deeper understanding of the Buddhist culture here.

#### **Private Vehicle**

Yogyakarta – Borobudur 1h30m

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

#### **Borobudur Temple Complex Excursion**

Borobudur

Take in the stunning artistic and architectural marvel that is the Buddhist Temple complex of Borobudur, a not-to-be-missed World Heritage Site. Learn about its interesting history and restoration; the site lay undiscovered under layers of volcanic ash until 1815, when Sir Stamford Raffles, then Governor of Java, ordered the area to be cleared.

#### **Private Vehicle**

Borobudur – Yogyakarta 1h30m

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

#### **Free Time**

Yogyakarta Afternoon

Get out and discover more of Java's cultural heart.

**Meals included: Breakfast****Day 13 Yogyakarta/Ngadas**

Continue the journey across the agricultural heartland of Java to Ngadas, a village in the scenic Mt Bromo region. Experience the local culture with a G Adventures-supported community homestay.

**Local Train**

Yogyakarta – Desa Ngadas 7h-8h

Climb aboard, take your seat, and get around like the locals do.

**Your G for Good Moment: Ngadas Homestay**

Nestled amongst the green hills of the Mt Bromo region, the village of Ngadas is home to a Tengger farming community. Overnight with a local family participating in the community's homestay program, a G Adventures-supported initiative. Learn about the local culture, customs, and traditions from your hosts.

**Meals included: Breakfast | Dinner****Day 14 Ngadas/Malang**

Visit Mt Bromo for a pre-dawn trek and watch the sunrise. Head back to Ngadas for lunch before exploring more of the village on an included walk. Later, travel to Malang for the night.

Start early today (approximately 2:30am) for a pre-dawn trek across the “sea of sand” to watch the sunrise over the crater’s rim, popular with both tourists and the local Buddhist Tenggerese, who can be seen giving offerings of food to receive blessings from the Supreme God Hyang Widi Wasa.

**Sunrise Walk to Mount Bromo Viewpoint**

Gunung Bromo 30m

Head out before dawn to visit the viewpoint for magnificent Mt Bromo (2,392m), one of the most spectacular sights in Indonesia. Walk along the “sea of sand” and enjoy stunning views as the sun rises over the edge of the crater and be amazed by the volcano’s strange beauty, seemingly from another world.

**Your G for Good Moment: Village Walk**

Learn more about daily life in Ngadas with a village walk. Take in views of the scenic hills as you walk along, passing farming areas and stopping to visit the local temple, vihara, and mosque.

**Private Vehicle**

Desa Ngadas – Malang 1h30m-2h

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

**Meals included: Breakfast | Lunch****Day 15 Malang/Sanur**

Drive from Malang to Surabaya airport for a short flight to Sanur and enjoy some free time.

**Private Vehicle**

Malang – Juanda International Airport 2h95km

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

**Plane**

Juanda International Airport – Denpasar 1h

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

**Private Vehicle**

Denpasar – Sanur 30m16km

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

**Free Time**

Sanur Afternoon

Enjoy some free time back in Sanur.

**Meals included: Breakfast****Day 16 Sanur**

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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Your G for Good Moment: Ngadas Homestay, Desa Ngadas

Your G for Good Moment: Village Walk, Desa Ngadas

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group. Medan city tour. Jungle trekking in Gunung Leuser NP. Coffee plantation tour. Samosir Island stay. Jakarta city tour. Nglanggeran village homestay. Mt Nglanggeran hike. Prambanan temple complex visit. Borobudur visit. Mt Bromo sunrise visit. Beach time in Sanur. Internal flights. All transport between destinations and to/from included activities.

## **Highlights**

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Explore Bohorok National Park and try to spot orangutans and monkeys, watch the sunrise from the top of a volcano, see the terraced rice fields of Java, visit a Buddhist sanctuary, Experience local culture at a Ngadas homestay

## **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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### **1. COMBO TRIP**

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.

### **2. RAMADAN**

According to the lunar cycle, Ramadan will fall between April 23rd and May 23rd, 2020. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

## 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 12

## Meals Included

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15 breakfasts, 2 lunches, 3 dinners

## Meals

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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 may be 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.

Indonesian cooking contains fermented shrimp paste (terasi) as a basic ingredient. Although there are many vegetarian options available, please be specific when ordering food, as often a little chicken is included with most dishes.

## Transport

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Walking, boat, private van, plane, train

## Solo Travellers

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We believe solo 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 solo travellers on these itineraries must pay the single trip price.

## Accommodation

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Simple hotels/guesthouses (13 nts), homestay (2 nts, multi-share).

## Rooming and "My Own Room" Exceptions

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Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Night 13 - Homestay

## About Accommodation

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We will be travelling through areas where cold water showers are the accepted norm. Hot water facilities are often unreliable even when they are available. In keeping with our authentic tours, many of our hotels will not have hot water showers.

## Joining Hotel

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

## Joining Instructions

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When arriving at the Medan airport, the easiest way to travel to the joining hotel is to take a taxi. The recommended company is Blue Bird Taxi. The cost from the airport is approximately 15 USD (150,000 IDR).

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

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

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

## 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 CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and 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.

### EMERGENCY CONTACT NUMBERS

Indonesia 24 hours:

+62 (0) 811 380 3820

+62 (0) 811 380 3821

+62 (0) 813 376 18480

G Adventures Office Bangkok, Thailand

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

From outside Thailand: +66 2 508 8630

From within Thailand: 02 508 8630

After hours emergency number

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

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



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

## What 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 with you in buses or on 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

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### 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

### Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Sleeping bag liner/sleep sheet

### Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)

- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

## 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 and Entry Requirements

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All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## Detailed Trip Notes

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Indonesia has long been a great tourist destination and is an intriguing and rewarding destination to visit. English is widely spoken, transportation and infrastructure is good, but maybe not at the same level as you would expect in developed countries. If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced.

## 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 currency you will use is the Indonesian Rupiah. 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 \$200 (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!

## 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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Berastagi

Gunung Sibayak Climb/Walk - Includes local guide and transfer. USD24 per person (Needs a minimum of 2 people)

Samosir

Bicycle Rental \$5 USD

Bandung

Traditional Angklung Orchestra - \$10 USD

Yogyakarta

Dance performance by the Ramayana Ballet - \$30 USD

## 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.

There are no specific health requirements for this trip. However, you should consult your doctor for up-to-date medical travel information about before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. 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.

## 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:

## **Trip Specific Safety**

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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**

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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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

## **Travel Insurance**

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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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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**

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

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

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](http://PlaneterraFoundation.org).

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**

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When packing be aware that dress standards are conservative throughout Asia. To respect this and for your own comfort, we strongly recommend modest clothing. This means covering shoulders and no short shorts. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. Shorts should be knee-length. Singlets and tank tops are not acceptable. One piece bathing suits are recommended and topless sun bathing is unacceptable.

## 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 [customersolutions@gadventures.com](mailto:customersolutions@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.

## Minimum Age

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You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## International Flights

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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.