

## Thailand Encompassed - East Coast Islands - ATFE

23 days: Bangkok to Ko Tao

### What's Included

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- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Local Living Moment: Overnight Rafthouse Excursion, Kanchanaburi
- Your Discover Moment: Chiang Mai
- Your Foodie Moment: Cooking Class, Chiang Mai
- Your Local Living Moment: Village Homestay, Lampang
- Klong boat tour (Bangkok)
- Wat Po guided visit
- Erawan Falls and Bridge on the River Kwai visit (Kanchanaburi)
- Temple ruins tour (Ayutthaya)
- Thai Burma Railway Centre visit
- Doi Suthep temple visit (Chiang Mai)
- Trek to remote hilltribe villages (3 days)
- Lod Cave visit and bamboo rafting
- Free time to explore Chiang Mai
- Mae Sai visit (Chiang Rai)
- Opium Museum visit
- Bicycle tour (half-day, Sukhothai)
- Snorkelling excursion (Koh Tao)
- Free time on spectacular beaches
- Internal flight
- 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 April 10th, 2017 and onwards

### 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 Bangkok

Arrive at any time.

#### **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 Bangkok/Kanchanaburi

Enjoy a klong boat tour of Bangkok including a visit to Wat Pho. Travel to Kanchanaburi and head to your floating rafthouse accommodation.

### **Klong Riverboat Tour**

Bangkok

Travel by longtail boat on the busy Chao Phraya River and through the small canals of western Bangkok's Thonburi district. Observe colourful scenes of everyday life along the river banks.

### **Wat Po Visit**

Bangkok

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

### **Private Vehicle**

Bangkok – Kanchanaburi 2h-3h 130km

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

### **Your Local Living Moment: Overnight Rafthouse Excursion**

Enjoy a unique homestay experience aboard a floating rafthouse on the famous River Kwai. Relax, swim, and mingle with locals in the community.

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

### **Day 3 Kanchanaburi**

Enjoy a day of sightseeing at Erawan Falls and the Bridge on the River Kwai.

### **Private Vehicle**

Kanchanaburi – Nam Tok Erawan 1h-2h

Enjoy a short drive to view the beautiful Erawan Waterfalls. (1-2 hours per direction)

### **Erawan Waterfalls**

Nam Tok Erawan

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

### **Bridge on the River Kwai Visit**

Kanchanaburi

Take in a piece of World War II history on this visit. We're sure you've seen or at least heard of the famous movie "Bridge on the River Kwai." Well, now you can tour the real thing. It's massive, majestic, and imposing, offering fabulous views of the river below.

### **Meals included: Breakfast**

### **Day 4 Kanchanaburi to Ayutthaya**

Explore the Allied War Cemetery and the Thai-Burmese Railway Centre to learn more about the area's history. Travel to Ayutthaya and visit the historical sites of the old capital city. Opt to visit Chan Kasem National Museum and Chao Sam Phraya Museum.

### **Private Vehicle**

Kanchanaburi – Phra Nakhon Si Ayutthaya 2h

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

### **Temple Ruins Tour**

Phra Nakhon Si Ayutthaya

Visit the ruins of Ayutthaya, which served as Thailand's capital from the 14th to 18th centuries, when it ranked as one of the most magnificent cities in the world. Located 86km (53 mi) north of Bangkok, the ruins of this UNESCO World Heritage Site include stunning pagodas and Buddha images.

### **Thai/Burma Railway Centre and Allied War Cemetery Visit**

Kanchanaburi

Visit the Thai-Burmese Railway Museum to learn about the Death Railway's dark history, and the Allied War Cemetery where more than 6,000 prisoners are buried.

### **Optional Activities - Day 4**

#### **Chan Kasem National Museum Visit**

Phra Nakhon Si Ayutthaya

Take a step back in time at this historically important museum that was once Chan Palace and home to many kings. Tour its pavilions and towers, and admire the extensive collection of antiques and artifacts, including ancient weapons, sculptures, Buddha images, and King Rama IV's personal belongings.

#### **Chao Sam Phraya Museum Visit**

Phra Nakhon Si Ayutthaya

Enjoy looking at objects excavated at Wat Racha Burana and Wat Maha That in the 1950s, including images of the Buddha. The second building displays artifacts from the 6th to the 19th centuries and is a great chance to learn about Thai history.

**Meals included: Breakfast**

**Day 5 Ayutthaya to Chiang Mai**

Spend a full day exploring Ayutthaya before boarding an overnight train to Chiang Mai.

**Free Time**

Phra Nakhon Si Ayutthaya Full Day

Enjoy free time exploring all Ayutthaya has to offer.

**Basic Overnight Train (beds)**

Phra Nakhon Si Ayutthaya – Chiang Mai 12h

Experience overnight travel like a local. Sit back and get some well-earned (and likely much-needed) rest en route to your next stop.

**Day 6 Chiang Mai**

Arrive in Chiang Mai and explore the city. Visit Doi Suthep in the afternoon.

Chiang Mai is a vibrant city with heaps to see and do. Famous for its night market, it's a feat to fit it all in.

**Free Time**

Chiang Mai Morning

Use free time here to make the most of your time in Chiang Mai.

**Private Vehicle**

Chiang Mai – Doi Suthep 45m

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

**Doi Suthep Temple Visit**

Doi Suthep – Chiang Mai

Visit Wat Phra That Doi Suthep, a golden Buddhist temple outside of Chiang Mai on the Mt Doi Suthep. Climb 300 steps to reach the temple and be rewarded with an unforgettable view. Admire the many Buddhist relics at this sacred temple and visit the white elephant shrine. Legend has it that the location of the temple was chosen after a white elephant carried a relic to the mountain and trumpeted three times before dying on the spot. Also, with a little luck, you may witness the chanting of the monks.

**Optional Activities - Day 6**

**Street Food Walk at Chiang Mai Night Market**

Chiang Mai

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

**Day 7 Chiang Mai/Ban Pha Mon**

Drive from Chiang Mai to the trailhead. Trek through farmland and bamboo and teak forests. Learn about bush food and medicinal plants. Enjoy lunch en route before continuing through rice fields and valleys to reach the first village of a Lahu tribe. Assist with food prep and cooking, learn about weaving and embroidery or check out a local Lahu massage.

Tucked away in the hills of northern Thailand is where the most colourful and unchanged traditional communities can be found. Trek through forests and rural terrains to visit some of these diverse hilltribe villages; often, each will have their own unique language, clothing style, and belief system that differs significantly from those of neighbouring tribes. You are well looked after by your CEO and local guides, who take the responsibility of preparing all meals and carrying food supplies.

The exact itinerary of the walking on this trip may change from time to time, taking into account the weather and local conditions. Also, please note there may be times when the use of video and/or still cameras may be inappropriate -- your CEO and guides will be able to advise you. Be prepared for the accommodation to be basic; remember, it's all about an authentic and unique experience!

**Private Vehicle**

Chiang Mai – Ban Mae Malai 4h

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

**Hilltribe Trek Day 1**

Ban Mae Malai – Ban Pha Mon 3h30m 7km

Hit the road early in the morning to head to the trailhead. Start the trek through forests and rugged terrain that winds itself around various hilltop villages. Trek from Huay Nam Dung National Park to Ban Pha Mon, a Lahu village.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 8 Ban Pha Mon/Ban Muang Pam**

Trek between villages, over farmlands and grasslands, and ascend to the ridge line. Learn about bush medicine and seasonal fruits as you make your way to the lunch stop. Go for a swim and help the local guides prepare lunch. Continue on to the Karen village and spend the night. Opt to learn about medicine from a shaman or play football with the locals.

Trek for about six hours and between villages, over farmlands and grasslands and ascend to the ridgeline. Learn about bush medicine, seasonal fruits and plants and seeds. Slip on your wet shoes and descend to the Huew Hin Poon Creek for lunch.

Here, go for a swim and help the local guides make a friction fire and prepare lunch. Continue another hour and a half to the jungle Buddhist temple outside the second village. Spend the night in the Karen village learn about wood carving, weaving and cooking. Opt to learn about medicine from a shaman or play football with the locals.

### **Hilltribe Trek Day 2**

Ban Pha Mon – Ban Muang Pam 6h 12km

Trek to reach the lunch stop, taking in the beautiful scenery along the way. Enjoy lunch before carrying on to the Karen village of Ban Muang Pam. Here, discover more about local life, help prepare dinner, learn about weaving or meet with a traditional shaman.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 9 Ban Muang Pam/Chiang Mai**

After breakfast, leave the village and continue on, stopping at other villages along the way. Arrive at Tham Lod, a 1666m deep cave. Enter by bamboo raft and move to different chambers - a truly unique experience. After lunch, drive back to Chiang Mai for some free time to explore.

### **Hilltribe Trek Day 3**

Ban Muang Pam – Ban Tham Lot 3h 7km

After breakfast, leave the village and continue on, trekking beside the Pam River through lush jungle. Arrive at Tham Lod, a 1666m deep cave. Bamboo rafts are required to enter the cave and move to different chambers - a truly unique experience.

### **Pickup Truck**

Ban Tham Lot – Chiang Mai 4h

Hop into the back and ride along to the next destination.

### **Free Time**

Chiang Mai Evening

Check out more of Chiang Mai.

**Meals included: Breakfast | Lunch**

### **Day 10 Chiang Mai**

Enjoy free time to explore Chiang Mai. Opt for a bicycle tour, a visit the Mae Sai waterfall, shopping at the night market, or getting a traditional Thai massage. Enjoy a local cooking class with dinner.

### **Your Foodie Moment: Cooking Class**

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

### **Your Discover Moment**

Chiang Mai Full Day

There's plenty to see and do in Chiang Mai, 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 ziplining, checking out the Mae Sa Waterfall, and learning about Thai cuisine with a cooking class. Your CEO has more ideas if you need them. Just ask!

### **Optional Activities - Day 10**

#### **Chiang Mai Cycling Tour**

Chiang Mai

30USD per person

Meander through Chiang Mai by bike and get an alternative view of this bustling city.

#### **Mae Sai Waterfall Visit**

Chiang Mai

Admire the eight tumbling tiers of this waterfall located in the lush forest of Doi Suthep-Pui National Park. Opt to pack a picnic and spend the day relaxing and swimming in this refreshing environment.

### **Street Food Walk at Chiang Mai Night Market**

Chiang Mai

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

### **Massage**

Chiang Mai

Lie back and soothe aching travel muscles with a famous Thai massage. Affordable and amazing—don't miss out!

**Meals included: Breakfast | Dinner**

### **Day 11 Chiang Mai/Chiang Rai**

Travel to Chiang Rai and start exploring.

### **Private Vehicle**

Chiang Mai – Chiang Rai 4h30m-5h274km

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

### **Free Time**

Chiang Rai Afternoon

Enjoy some time to explore the area.

**Meals included: Breakfast**

### **Day 12 Chiang Rai**

Visit the town of Mae Sai and the Opium Museum.

### **Mae Sai Visit**

Mae Sai

Visit Thailand's northernmost town, situated on the border with Myanmar. Meet local Burmese traders and pick up some souvenirs. Opt to visit the Tham Pla caves or climb the hill to Wat Phra That Doi Wao for an incredible vista.

### **Opium Museum Visit**

Chiang Rai

Located in the Golden Triangle, once known for its opium trade, the Hall of Opium Museum tells the 5,000-year history of the substance. Learn about the drug's first uses and how it spread across the world through interesting and educational exhibits.

**Meals included: Breakfast**

### **Day 13 Chiang Rai/Lampang**

Continue on to Lampang and enjoy a homestay in a traditional Lanna village. Participate in craft demonstrations and opt to help prepare a local meal.

### **Private Vehicle**

Chiang Rai – Lampang 5h315km

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

### **Your Local Living Moment: Village Homestay**

Experience life in a traditional village with a homestay. Take in idyllic views of mountains and rice fields. Get to know your hosts and enjoy participating in activities including weaving, carving, and farming. Savour fresh local meals with the group and opt to lend a hand in the preparation.

### **Optional Activities - Day 13**

#### **Horse Cart Ride**

Lampang

Take a trip to the past in a charming horse-drawn carriage. This ancient mode of transportation has survived the ages and is still commonly used by Lampang locals.

**Meals included: Breakfast | Dinner**

### **Day 14 Lampang/Sukhothai**

Take in traditional morning activities, followed by lunch in the village. Travel to Sukhothai and enjoy a free afternoon.

**Private Vehicle**

Lampang – Sukhothai 4h 213km

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

**Free Time**

Sukhothai Afternoon

Get out and explore.

**Meals included: Breakfast | Lunch****Day 15 Sukhothai**

Take a half-day guided bike tour of Sukhothai Historical Park and explore the area with some free time.

**Sukhothai Bicycle Tour**

Sukhothai

Cycle through this ancient royal capital, now a UNESCO World Heritage Site, on a half-day tour. Get a close-up look at the remains of numerous temples, a royal palace, and Buddha figures dating back to the mid-13th century.

**Free Time**

Sukhothai Afternoon

Opt to visit a nearby village, Wat Saphan Hin, or Sukhothai Historical Park. It's Thailand—make time for a massage!

**Optional Activities - Day 15****Massage**

Sukhothai

Lie back and soothe aching travel muscles with a wonderful Thai massage. Affordable and amazing—don't miss out!

**Meals included: Breakfast****Day 16 Sukhothai/Bangkok**

Travel to Bangkok and enjoy some time for last minute shopping.

**Private Vehicle**

Sukhothai – Bangkok 6h-7h 422km

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

**Meals included: Breakfast****Day 17 Bangkok/Ko Samui**

Catch a flight to Surat Thani and board a ferry to the tropical island of Ko Samui. Relax on the beach or visit the bustling little town.

With tons to do in the area, spend the next couple of days enjoying this tropical paradise.

**Plane**

Suvarnabhumi Airport – Surat Thani 1h

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

**Private Vehicle**

Surat Thani – Don Sak 1h

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

**Ferry**

Don Sak – Ko Samui 2h

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

**Private Vehicle**

Ko Samui 30m

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

**Meals included: Breakfast****Day 18 Ko Samui**

Relax on the beach or visit the bustling little town. Opt for a snorkelling trip in Ang Thong Marine Park.

**Free Time**

Ko Samui Full Day

Kick back and relax on the biggest of the eastern islands. Feel like meeting the local fish? Opt for snorkelling trip in Ang Thong Marine Park.

### **Optional Activities - Day 18**

#### **Ang Thong Marine Park Island Hopping Tour**

Ko Samui

Take in the gorgeous panorama of this marine park on an island hopping tour. Made up of 42 islands, Ang Thong National Park is known for its incredible biodiversity. Swim in the park's clear waters, photograph the lush islands rising out of the sea, and opt to snorkel if the tide is right.

#### **Stand Up Paddleboarding at Koh Samui**

Ko Samui

50USD per person

Glide your way along Ko Samui's coastline on a stand-up paddleboard. The water in this area is generally calm and always warm, you'll be tempted to jump off for a swim.

### **Meals included: Breakfast**

#### **Day 19 Ko Samui/Koh Pha Ngan**

Take a ferry to nearby Ko Pha-Ngan, with time to explore the island's waterfalls, swim in lagoons, hike, or relax. If it's the right time, opt to take part in the island's famous Full Moon Party.

### **Free Time**

Koh Pha Ngan Afternoon

Don't waste a minute— start exploring on arrival.

### **Ferry**

Ko Samui – Koh Pha Ngan 45m

Transfer to the ferry terminal and board for the short ride to Ko Pha-Ngan.

### **Optional Activities - Day 19**

#### **Koh Pha-Ngan Waterfalls Exploration**

Koh Pha Ngan

Hike to some local waterfalls and marvel at their beauty.

### **Swimming**

Koh Pha Ngan

Jump in and enjoy the turquoise waters around Ko Pha-Ngan.

### **Yoga and Meditation Courses**

Koh Pha Ngan

Get your inner Om on and take part in some of the more relaxing activities offered on the island.

### **Hiking**

Koh Pha Ngan

Head out on some trails to explore the island at your own pace.

### **Meals included: Breakfast**

#### **Day 20 Koh Pha Ngan**

Enjoy free time to make the most of Ko Pha-Ngan.

With everything from yoga and meditation courses, natural beauty, and its famous full moon parties, Ko Pha-Ngan has something for everyone.

### **Free Time**

Koh Pha Ngan Full Day

Get out and explore— the day is yours.

### **Optional Activities - Day 20**

#### **Swimming**

Koh Pha Ngan

Jump in and enjoy the turquoise waters around Ko Pha-Ngan.

#### **Koh Pha-Ngan Waterfalls Exploration**

Koh Pha Ngan

Hike to some local waterfalls and marvel at their beauty.

### **Yoga and Meditation Courses**

Koh Pha Ngan

Get your inner Om on and take part in some of the more relaxing activities offered on the island.

## **Hiking**

Koh Pha Ngan

Head out on some trails to explore the island at your own pace.

## **Meals included: Breakfast**

### **Day 21 Koh Pha Ngan/Ko Tao**

Travel by ferry to Ko Tao, in English known as 'turtle island'. While most of the visitors spend their days in the water, in the evening the beach bars and hotels spill over with people looking to share their tales of the days activities and a cold beer or two.

Want to discover the fascinating coral and marine life inhabiting the area? Pre-book the Open Water Half Day Dive Experience extra to take two dives, guided by the experts.

## **Ferry**

Koh Pha Ngan – Ko Tao 2h30m

Transfer to the ferry in Koh Pha-Phanang and on the other end in Ko Tao.

## **Free Time**

Ko Tao Afternoon

Get to know the island with some free time.

### **Optional Activities - Day 21**

#### **Open Water Half Day Dive Experience**

Koh Tao

The Open Water Half Day Dive Experience is perfect for first-time divers or even those who want to experience one of the world's most famous diving locations. Join your professional instructor on board your boat as they share their knowledge on how to have a safe and unforgettable experience while also familiarising yourself with the equipment. Once you're all set, take the plunge into the beautiful underwater world and discover the varied coral and marine life that inhabit the area. The program includes one dive, but if you're eager for more then the good news is that you can use the second dive as credit towards your Open Water Certification!

## **Meals included: Breakfast**

### **Day 22 Ko Tao**

Enjoy an included snorkelling trip from Ko Tao through Ko Nang Yuan.

## **Snorkelling Excursion**

Ko Tao

Get up close and personal with the local marine life during this snorkelling excursion from Ko Tao through Ko Nang Yuan.

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

### **Day 23 Ko Tao**

Depart at any time. If booking a flight out of Koh Samui airport, the earliest departure time should be 11:00 am

Want to take the hassle out of getting back to Bangkok? Book the Bangkok Express, a two-day post-tour Extra. Speak to your Global Connection Officer or travel agent to book.

Add the "Bangkok Express: Ko Tao to Bangkok" to your adventure and make your way back to bustling Bangkok with the guidance of a CEO. This nifty post-tour Extra includes a ferry to the mainland where you'll board an overnight train to Bangkok arriving in the city early the next morning. Speak to your Global Connection Officer or travel agent to book.

## **Departure Day**

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

### **Optional Activities - Day 23**

#### **Bangkok Express: Koh Tao to Bangkok**

Koh Tao – Bangkok

Want to take the hassle out of getting back to Bangkok? Book the "Bangkok Express: Ko Tao to Bangkok" post-tour Extra and make your way back to bustling Bangkok with the guidance of a CEO. On the final day of the tour, hop on a ferry back to the mainland and board an overnight train to Bangkok, arriving the next morning.



**Meals included: Breakfast**

## **What's Included**

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Your Welcome Moment: Welcome Moment - Meet Your CEO and Group  
Your Local Living Moment: Overnight Rafthouse Excursion, Kanchanaburi  
Your Discover Moment: Chiang Mai  
Your Foodie Moment: Cooking Class, Chiang Mai  
Your Local Living Moment: Village Homestay, Lampang. Klong boat tour (Bangkok). Wat Po guided visit. Erawan Falls and Bridge on the River Kwai visit (Kanchanaburi). Temple ruins tour (Ayutthaya). Thai Burma Railway Centre visit. Doi Suthep temple visit (Chiang Mai). Trek to remote hilltribe villages (3 days). Lod Cave visit and bamboo rafting. Free time to explore Chiang Mai. Mae Sai visit (Chiang Rai). Opium Museum visit. Bicycle tour (half-day, Sukhothai). Snorkelling excursion (Koh Tao). Free time on spectacular beaches. Internal flight. All transport between destinations and to/from included activities.

## **Highlights**

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Hop aboard a Klong boat tour in Bangkok, visit Erawan Falls and Bridge on the River Kwai, embark on a hilltribe village trek, enjoy a local cooking class in Chiang Mai, discover local marine life snorkelling in Koh Tao

## **Dossier Disclaimer**

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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.

## **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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### **PASSPORT DETAILS**

G Adventures requires your passport number and date of birth before we can confirm your booking. Please make sure you give this information to your travel agent.

### **WEIGHT RESTRICTION**

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 CEOs, a G Adventures representative, or an expedition team. The aim of the group leader 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.

## Meals Included

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20 breakfasts, 5 lunches, 5 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.

## Transport

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Train, private vehicle, open pickup truck, trekking, raft, bicycle, longtail boat, ferry, plane.

## About our Transportation

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Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may have a local non English-speaking driver only, for included tours, you will be accompanied by an English speaking local guide.

Thai Trains: As the popularity of train travel in Thailand continues to grow domestically, some of the routes used on this tour do not have sufficient space during local public holidays, including New Year's, Songkran, etc. During these times of the year, alternative transport may be arranged for one or more of the train journeys on this tour.

## 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.

## 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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Hotels/guesthouses (17 nts), rafterhouse (1 nt), sleeper train (1 nt), basic huts (2 nts, multi-share), homestay (1 nt).

## My Own Room

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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 room for all night stops

## 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: Nights 2, 5, 7, 8, and 13.

## About Accommodation

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A variety of styles of hotels/guesthouses are used on this tour. 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 guesthouses in stunning locations – rooms are small and basic, may be multi-share, and there may be shared toilet facilities and 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 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.)

## IMPORTANT NOTE

This trip could start in either Centra Central Station Hotel Bangkok or FX Makkasan Metrolink Hotel. Please make sure to check your tour vouchers for correct accommodation.

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

### 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 -125 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

Centra Central Station Bangkok:

If you are staying at the Centra Central Station Bangkok, you can take the Airport Train. Board the express airport train at the City Air Terminal at a cost of 150 THB. Here you will ride all the way along to Makkasan Subway station where you will need to disembark and change to the MRT 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. Please note, the hotel lobby is located on the 12th floor of the building.

### FX Makkasan Hotel:

If you are staying at the FX Makkasan Metrolink Hotel, you can take the Airport Train. Board the express airport train at the City Air Terminal at a cost of 150 THB. Here you will ride the airport train all the way to Makkasan subway station. Disembark at Makkasan station and you will find FX Makkasan Metrolink Hotel right outside next to Phetchaburi MRT station.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you (go to entrance door 3). 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 leader, please refer to our emergency contact details.

If you have pre-booked an airport transfer please meet your driver at gate number 10 of the airport, in the arrival hall. Look for a driver holding a 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

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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 86 321 0729 (086 321 0729 from within Thailand) or +66 82 450 2777 (082 450 2777 from within Thailand)

## EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand  
During Office hours (Weekdays, 9am-5pm Local Time)  
From outside Thailand: +66 2 508 8630  
From within Thailand: 02 508 8630

After hours emergency number  
From outside Thailand: +66 87 049 6074  
From within Thailand: 087 049 6074

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our 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.

Most travellers prefer to carry a softbag or rolling bag of small to medium size can be suitable. If you have combined Independent trip with some other G Adventures trip (basic or standard) we recommend you to travel with a backpack. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

If you don't know what type of clothes to bring, you can check different weather web sites. We also recommend you to bring sun protection creams (better to buy them at home, because ones in Thailand are produced for local types of skin).

## Packing List

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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

## 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.

## 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 Thai Baht. As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: [www.xe.com](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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Phra Nakhon Si Ayutthaya  
- Chan Kasem National Museum Visit  
- Chao Sam Phraya Museum Visit

Chiang Mai  
- Street Food Walk at Chiang Mai Night Market  
- Chiang Mai Cycling Tour (30USD per person)  
- Mae Sai Waterfall Visit  
- Massage

Lampang  
- Horse Cart Ride

Sukhothai  
- Massage

Ko Samui  
- Ang Thong Marine Park Island Hopping Tour  
- Stand Up Paddleboarding at Koh Samui (50USD per person)

Koh Pha Ngan  
- Koh Pha-Phan Waterfalls Exploration  
- Swimming  
- Yoga and Meditation Courses  
- Hiking

Koh Tao  
- Open Water Half Day Dive Experience  
- Bangkok Express: Koh Tao to Bangkok

## 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.

## **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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## **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: 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**

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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 [Planterterra Foundation](#).

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 Planterterra projects.

## 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.

## 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 – Planterterra. Sign up for [Planterterra'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.