

Thailand Island Hopping - ATTW

9 days: Bangkok to Bangkok

What's Included

- West Coast: Beach barbecue (Koh Lanta), Half-day snorkelling boat trip (Koh Ngai), Free time on spectacular beaches
- East Coast: Snorkel trip, 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 May 1st, 2015 and onwards

Itinerary Notes

Please Note: Due to monsoon season on the west coast, we will run an alternate itinerary to islands on the east coast from May through October. See itinerary details below and take note of time of year you're travelling.

Itinerary

Nov-April

Day 1 Bangkok

Arrive at any time.

Arrival Day and Welcome Meeting

1h18:00

The adventure begins tonight. Feel free to explore, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour.

Accommodation

Centra Central Station Hotel Bangkok (or similar)

Hotel

Day 2 Bangkok/Ao Nang

Fly to Krabi and drive to nearby Ao Nang. Enjoy free time exploring the small town or relaxing on its beautiful beaches.

Plane

Bangkok - Krabi 1h

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

Private Vehicle

Krabi - Ao Nang 30m

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

Free Time

Ao Nang Half Day

Set out to explore your beautiful surroundings.

Optional Activities - Day 2

Kayaking

Ao Nang

Head out to enjoy the scenery from sea level. Get a little exercise in this tropical paradise.

Snorkelling

Ao Nang

Grab a mask and snorkel and get to know the local marine life.

Diving

Ao Nang

Choose a dive shop and head out to explore the reefs in the area.

Rock Climbing

Ao Nang

Scale spectacular coastal cliffs at local world-class rock climbing destinations like Railay peninsula. Get your blood pumping with this total body workout and be rewarded with stunning views.

Accommodation

The Avenue Samui Hotel (or similar)

Hotel

Meals included: Breakfast

Day 3 Ao Nang

Spend a free day in the area. Opt for a day trip to idyllic Railay Beach, to head out on a snorkelling trip or go rock climbing on the limestone karsts. This area boasts plenty of activities such as kayaking, diving, snorkelling, jungle trekking, whitewater rafting and quad biking.

Free Time

Ao Nang Full Day

Get out and explore.

Optional Activities - Day 3

Kayaking

Ao Nang

Head out to enjoy the scenery from sea level. Get a little exercise in this tropical paradise.

Snorkelling

Ao Nang

Grab a mask and snorkel and get to know the local marine life.

Diving

Ao Nang

Choose a dive shop and head out to explore the reefs in the area.

Rock Climbing

Ao Nang

Scale spectacular coastal cliffs at local world-class rock climbing destinations like Railay peninsula. Get your blood pumping with this total body workout and be rewarded with stunning views.

Accommodation

The Avenue Samui Hotel (or similar)

Hotel

Meals included: Breakfast

Day 4 Ao Nang/Koh Lanta

Take a ferry to the secluded island of Koh Lanta. Enjoy some free time before a beach barbecue for dinner.

Ferry

Ao Nang - Koh Lanta 2h15m

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

Free Time

Koh Lanta Afternoon

Opt to relax, or get out and explore.

Accommodation

Haad Kuad Resort (or similar)

Hotel

Meals included: Breakfast | Dinner

Day 5 Koh Lanta

Spend the day on Koh Lanta. Opt for a day trip to nearby Koh Rok.

Opt for a day trip to nearby Koh Rok where you can snorkel at Koh Rok's national park, trek to a view point and enjoy a picnic lunch.

Free Time

Koh Lanta Full Day

Explore all this place has to offer.

Optional Activities - Day 5

Koh Rok Day Trip

Koh Lanta - Koh Rok

Head to Koh Rok for the day. Opt to snorkel in Koh Rok's national park, trek to a view point and enjoy a picnic lunch.

Accommodation

Haad Kuad Resort (or similar)

Hotel

Meals included: Breakfast

Day 6 Koh Lanta/Koh Ngai

Travel to tiny Koh Ngai and experience more of Thailand's pristine paradise. Opt to relax, snorkel or trek rainforest trails to deserted beaches.

Ferry

Koh Lanta - Koh Ngai 1h

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

Free Time

Koh Ngai Afternoon

Get out and explore the tranquil beaches in the area.

Accommodation

Seashell Resort (or similar)

Beach Resort

Meals included: Breakfast

Day 7 Koh Ngai

Enjoy an included snorkelling trip to nearby Koh Chuek and experience the amazing Emerald Cave of Koh Mook.

Island Snorkelling Tour

Koh Ngai

Get to know the local marine life with this included snorkelling tour. Hop over to Koh Chuek to experience the idyllic waters, and explore the amazing Emerald Cave of Koh Mook.

Accommodation

Seashell Resort (or similar)

Beach Resort

Meals included: Breakfast

Day 8 Koh Ngai/Bangkok

After a lazy beach morning, travel back to the mainland and board an overnight sleeper train for Bangkok.

Ferry

Koh Ngai - Trang2h

Ferry to Pakmeng Pier, and continue on to Trang in a private transfer.

Overnight train (beds)

Trang - Bangkok15h

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

Meals included: Breakfast

Day 9 Bangkok

Arrive at Bangkok station in the morning. Trip ends on arrival.

Departure Day (Activities)

Depart on arrival to your final destination. Your CEO can help with any onward travel arrangements you require.

What's Included

West Coast: Beach barbecue (Koh Lanta), Half-day snorkelling boat trip (Koh Ngai), Free time on spectacular beaches. East Coast: Snorkel trip, Free time on spectacular beaches. Internal flight. All transport between destinations and to/from included activities.

Highlights

Explore picturesque islands, relax as you sail the waters of southern Thailand, snorkel amongst the colourful marine life, wander quiet beaches and enjoy the scenery

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. KING OF THAILAND PASSING

14 October, 2016

Thailand's beloved king, Bhumibol Adulyadej, has passed away. His Majesty was revered and widely loved by the people of Thailand. This will obviously be an emotional and sensitive time, but should also yield a very interesting and unique view of this fascinating country. Travellers are reminded to behave respectfully in public areas, and if possible wear sombre and respectful clothing over the next 30 days as a mark of respect to the Thai people (note tank tops, shorts and sarongs are still acceptable in black or dark colours). For more information please visit our blog post, [Travelling to Thailand? What you need to know following the King's passing](#)

2. LUGGAGE

There is usually a max weight limit of 15kg (33lbs) on the internal flight in Thailand. Passengers are responsible for any excess luggage charges.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officer's (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 traveling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

Group Size Notes

Max 15, avg 12

Meals

Eating is a big part of traveling. Traveling 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 others company. There is no obligation to do this though. Your CEO will be able to suggest favorite restaurants during your trip. Included breakfasts will usually be Asian style consisting of noodles or rice soup or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Train, local bus, air-con bus/minivan, longtail boat, ferry, plane.

About our Transportation

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

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

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels/guesthouses (7 nt), sleeper train (1 nt).

My Own Room Exceptions

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 8, Sleeper Train

Joining Hotel

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

Joining Instructions

When arriving at Suvarnabhumi Airport (pronounced 'su wan na poom') in Bangkok proceed to the Arrivals Hall where you can change money into Thai Baht. (You may be approached by nicely dressed, official looking touts offering an expensive limousine service to your hotel; ignore these offers.)

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

Public Bus

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

Taxi

The airport is located 30km's away from downtown Bangkok. Approach the taxi counters, advise them where you are going and they will write this information down for you along with the taxis registration details. Taxis should always use the meter and you are required to pay a 50 Baht airport surcharge on top of the metered fee plus any tollway fees (approx 75 Baht depending on the route taken). Total journey will cost between 350 THB - 500 THB, depending on traffic and toll fees.

The expressway is substantially faster, so tell the taxi driver to use the expressway, you can say either ""kuen ton-way"" (from 'tollway') or ""kuen taang duan"" in Thai (but most understand Tollway/express way in English).

Airport Train

If you are staying at the Centra Central Station Bangkok, you can take the Airport Train. Board the express airport train at a cost of 150 THB to the City Air Terminal; Makkasan. Here you will need to disembark and change to the MRT (subway) Blue line, boarding at Phetchaburi Station. From Phetchaburi Station travel to the last stop, Hua Lamphong, and follow the signs for Exit 1. Once out, walk 2-3 minutes. The hotel is located across the road.

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

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

Arrival Complications

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

please refer to our emergency contact details.

If you have pre-booked an airport transfer please meet your driver near the information counter at Entrance Door number 3 of the airport, in the arrival hall. If for any reason you can not locate your driver please call the emergency transfer phone number at +66 (0) 800 562777.

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

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Bangkok Airport Transfer complications please call our local G Adventures Transfer provider directly at: +66 81 847 3034 (081 847 3034 from within Thailand) or +66 86 339 5881 (086 339 5881 from within Thailand)

EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

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

From outside Thailand: +66 2 381 5574

From within Thailand: 02 381 5574

After hours emergency number

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What to Take

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you. Please note that this trip spends a lot of time on or near water so please pack your clothes or travel items in large plastic bags so as to protect them from getting wet.

Checklist

Passport (with photocopies)
Travel insurance (with photocopies)
Airline tickets (with photocopies)
USD cash
Credit or debit card (see personal spending money)
G Adventures vouchers, pre-departure information and dossier
Any entry visas or vaccination certificates required
Alarm clock
Flashlight
Sunblock/Sun hat
Sunglasses
Insect Repellent
Water bottle
Small towel and swim wear
Toiletries (biodegradable)
Sturdy walking shoes/Sport sandals
Money-belt
Shorts
Long trousers
Shirts/T-shirts
Warm clothing
Fleece jacket or warm layer
Windproof rain gear
Rain jacket or poncho
Gloves
Hat
Umbrella
Cover for backpack or plastic bags to keep clothes dry.
Clothes for temples - long pants or sarongs (knees should be covered)
Sleep sheet for trekking or sea safari trips.
Thermarest or sleeping mat and travel pillow sea safari trips.
Snorkel gear - optional (also available for hire)
Camera and film
Reading/writing material
First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking).

Laundry

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

Please note that visas for Thailand are the responsibility of the individual traveler. The visa requirements for your trip vary depending on where you are from and where you are going. For the most up to date information please check your Governments Foreign Ministry website or with you travel agent as rules do change.

THAILAND - Most nationalities do not need a visa for Thailand for stays of 30 days or less but if you do they are available on arrival at Bangkok Airport. Please note that as of December 2008, 30 day Thai visas are no longer available at land borders. Only 15 day tourist visas are issued when you enter Thailand overland. If you are staying more than 15 days you should consider getting your visa prior to your trip.

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

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

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

Emergency Fund

Please also make sure you have access to at least an additional USD \$250 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

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

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

Optional Activities

We suggest you bring along USD150-200 for additional sightseeing. All prices below are in USD.

Bangkok:

Grand Palace: \$16

Wat Po: \$3.5

Klong (canal) tour: \$10-30, dependent on numbers

Thai massage: \$10/hr

East Coast Options- May 1 through October 31:

Koh Samui:

Ang Thong Marine National Park - kayaking, snorkeling and sightseeing: \$50-60

Island day tour: \$15

Cooking Class: \$50

Thai massage: \$10/hr

Koh Phangan:

Fishing trip: \$15

Thai massage: \$10/hr

Koh Tao:

Diving:

Thai massage: \$10/hr

West Coast Options- November 1 through April 30:

Krabi:

Hot Stream and Rainforest tour (Full-day): \$40

Cooking class: \$40-50

Kayaking: \$20

Phang Nga Bay tour: \$30-40

Boat tour around Koh Klang and mangroves: \$15 pp, min 2 people

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

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEO's are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

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

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

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

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

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

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

Trip Specific Safety

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

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

A Word of Warning

Please do not buy gems in Bangkok unless you know what you are doing. Even if genuine you should not expect to be able to sell them at home. If you fall victim to a gem scam, we are unable to assist you.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our G Adventures for Good projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Local Dress

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites. In Southern Thailand topless or nude sunbathing is not allowed or appropriate and in some Muslim villages passengers should swim using a sarong or a long tshirt to cover up their swimsuit.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and 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. Please visit <http://www.gadventures.com/evaluations>

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.

Itinerary Notes

Please Note: Due to monsoon season on the west coast, we will run an alternate itinerary to islands on the east coast from May through October. See itinerary details below and take note of time of year you're travelling.