

Ultimate Cambodian Adventure - ATUC

14 days: Bangkok to Bangkok

What's Included

- Angkor Wat complex entrance and guide (Siem Reap)
- Tuol Sleng and Choeung Ek (Killing Fields) entrance and guide (Phnom Penh)
- City cyclo tour
- Mekong boat trip to spot Irrawaddy dolphins
- Local Khmer dinner in nearby village at the G Adventures-supported New Hope project
- Internal flight
- Border crossing support
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

VALIDITY: Valid for all trips departing January 1st, 2015 and onwards

Itinerary



Itinerary

Day 1 Bangkok

Arrive at any time.

There are no planned activities until the evening welcome meeting.

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

FX Hotel Metrolink Makkasan (or similar)

Hotel

Day 2 Bangkok/Battambang

Journey from Thailand to colonial Battambang. Opt to explore the countryside or learn some Cambodian cooking.

Head to the Cambodian through the heart of Thailand. Once in Cambodia, change vans and continue to Battambang.

Upon arrival, explore the riverside city for a few hours before dinner.

Private Vehicle

Bangkok - Aranyaprathet 4h130km

Stretch out and scan the scenery from the comfort of a private vehicle.

Border Crossing (Thailand - Cambodia)

Aranyaprathet - Paôy Pêt 30m-1h

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

Private Vehicle

Paôy Pêt - Battambang 1h30m-2h125km

Stretch out and scan the scenery from the comfort of a private vehicle.

Free Time

Battambang Evening

Head out and explore.

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Optional Activities - Day 2

Tuk Tuk Tour

Battambang

Take a tuk tuk to explore city sights. Tour around to see the city's countless statues and the Governor's Residence or head out a little further to Phnom Sampouv (the 'killing caves').

Accommodation

Star Hotel BBM (or similar)

Guesthouse

Meals included: Breakfast

Day 3 Battambang/Siem Reap

Journey to the seat of the Khmer Empire and prepare to explore the fantastic Angkor Wat complex.

Spend the morning on an optional motorcycle tour of the countryside, visiting temples, local cottage industries, and the unique Bamboo Train. If cooking is more your speed try your hand at Khmer cuisine with a cooking class, enjoying the results with a leisurely lunch. In the afternoon, head off to Siem Reap.

Free Time

BattambangMorning

Free time in the morning to explore or take a cooking class.

Private Vehicle

Battambang - Siem Reap2h-3h175km

Stretch out and scan the scenery from the comfort of a private vehicle.

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Optional Activities - Day 3

Motorcycle Tour

Battambang

Tour the Cambodian countryside on two wheels to see temples and local industries. Visit locals making local goods: silk, rice paper, and the popular (but pungent) fish paste.

Cooking Class

Battambang

Refine your culinary skills while learning recipes typical of Khmer cuisine. After, dig in and sample the fruits of your labour.

Accommodation

Mekong Angkor Palace Hotel (or similar)

Hotel

Day 4Siem Reap

Enjoy a guided tour of the massive Angkor temple complex.

Spend the whole day exploring with a local guide. The best way to experience the site is to arrive for sunrise, explore in the cooler morning hours and head back into town to relax during the hottest time of the day. Then, head back into the site for sunset and a little more exploring.

Angkor Wat Guided Tour

Angkor Wat

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

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Optional Activities - Day 4

Phare - The Cambodian Circus

Siem Reap

Take in Phare, a unique circus that injects Cambodian culture and history in its inspiring shows. See acrobatics, contortion, and aerial arts melded with theatre, modern dance, and more. Performers train for up to 10 years to master their art. Arrive before 20:00 (entrance closes at 20:05). Come early if you wish - the cafe opens at 18:00 and there is an option to enjoy dinner with the show.

Accommodation

Mekong Angkor Palace Hotel (or similar)

Hotel

Meals included: Breakfast

Day 5Siem Reap

Spend a free day exploring more of Angkor Wat or further afield around Siem Reap. Enjoy a traditional meal of Khmer food at the G Adventures-supported New Hope project.

We rotate our included local meal between a local home in a small village and the New Hope project in order to support as many small businesses as possible. With so many travellers coming through these areas, alternating experiences helps to allow both small businesses to flourish. Both experiences are truly unique and memorable.

Free Time

Siem Reap Full Day

Spend the day exploring.

New Hope Vocational Training Restaurant

Siem Reap Evening

Enjoy a traditional meal of Khmer food at the New Hope Vocational Training Restaurant, an initiative kickstarted by G Adventures. Providing skill-building opportunities to marginalized community members, the project also funds the adjacent free community school and health centre. Visit the restaurant run by locals and see how the New Hope project has supported positive change in the community.

Meal with Local Family

Siem Reap Evening

Head to a village near Siem Reap to enjoy a traditional Khmer meal. Meet the locals and learn more about the way of life in rural Cambodia.

Accommodation

Mekong Angkor Palace Hotel (or similar)

Hotel

Meals included: Breakfast | Dinner

Day 6 Siem Reap/Kampong Cham

Travel to Kampong Cham and visit the Bridge of Jayavarman VII, a silk farm, and rubber tree plantations before an included local dinner experience. Opt to bike through villages along the Mekong or visit some rustic temples.

Travel to the third largest city in Cambodia, Kampong Cham. Opt to rent a bike and cruise along the river to explore the countryside and meet friendly locals or visit the 11th century Vat Nokor temple. Enjoy an included local dinner to sample more of this delicious cuisine.

Private Vehicle

Siem Reap - Kampong Cham 5h-7h 310km

Stretch out and scan the scenery from the comfort of a private vehicle.

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Optional Activities - Day 6

Bridge of Jayavarman VII Visit

Kampong Cham

Visit this centuries-old cobble stone bridge spanning 285 ft (87m). Marvel at the bridge's 12th century architecture designed during the reign of King Jayavarman.

Vat Nokor Temple Visit

Kampong Cham

Take in this temple complex that is a combination of a modern Theravada Buddhist pagoda within an 11th-century Mahayana Buddhist shrine.

Bike Rental

Rent a bike from a local shop and head out to explore.

Accommodation

Mekong Hotel Kg Cham (or similar)

Guesthouse

Meals included: Breakfast | Dinner

Day 7 Kampong Cham/Kratié

Travel to the home of the rare Irrawaddy dolphins. View the endangered dolphins on an included boat trip on the Mekong.

In the morning travel to Kratie, located on the banks of the mighty Mekong River.

In the afternoon, head out on the massive Mekong with local boatmen to try and spot the endangered Irrawaddy freshwater dolphin.

Private Vehicle

Kampong Cham - Kratié 2h30m-3h160km

Stretch out and scan the scenery from the comfort of a private vehicle.

Kratié Boat Trip

Kratié

Come aboard for a one-of-a-kind wildlife encounter - the feeling you get as you spot an Irrawaddy dolphin breaking through the water's surface is truly inspiring and will lift your heart. Enjoy the boat tour, and let the late-afternoon sun warm your face.

Accommodation

Santepheap Hotel (or similar)

Hotel

Meals included: Breakfast

Day 8 Kratié/Phnom Penh

Travel to Phnom Penh and hop on a city cyclo tour. Use some free time to explore.

Opt for a drink in one of the many riverside cafés.

Private Vehicle

Kratié - Phnom Penh 2h30m-5h Morning 340km

Stretch out and scan the scenery from the comfort of a private vehicle.

Phnom Penh Cyclo Tour

Phnom Penh 1h-1h

Settle in a traditional cyclo and depart from Wat Phnom. Tour busy streets to soak up the real vibe of the city. Pass the post office and Van's restaurant, both stunning colonial buildings, and make your way to the Royal Palace and National Museum. Go along the riverside road and take in the atmospheric cafes that line the street.

Free Time

Phnom Penh Afternoon

Explore any of the places of interest that caught your eye on the cyclo tour or visit one of the local museums.

Accommodation

Diamond Hotel (or similar)

Hotel

Meals included: Breakfast

Day 9 Phnom Penh

Guided tour of Tuol Sleng Prison and Choeung Ek (Killing Fields). Opt to visit the Royal Palace, National Museum, and Central Market.

Follow a local guide and witness the dark side of Cambodian history with visits to Choeung Ek, the site of the infamous Killing Fields, and Tuol Sleng, the notorious Khmer Rouge prison where thousands of Cambodians perished.

In the afternoon enjoy free time to explore the city's many sights: the Royal Palace, Silver Pagoda, National Museum, Russian market or Wat Phnom.

Choeung Ek (Killing Fields) Guided Tour

Phnom Penh

Learn more about the atrocities of the Khmer Rouge visiting the Killing Fields of Choeung Ek; the grounds now stand as a powerful memorial filled with victims' skulls and mass graves. Tour this sombre, yet serene, site with a guide.

Tuol Sleng Museum (S-21 Prison) Guided Tour

Phnom Penh

Learn about the dark history and devastation that occurred at Security Prison 21 (S-21); the prison, used by the Khmer Rouge regime, is now Tuol Sleng Museum. Take a guided tour to hear the stories behind the sombre photos lining the museum walls.

Free Time

Phnom Penh Afternoon

Use free time to explore some of the palaces, temples and museums in the city.

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Optional Activities - Day 9

Royal Palace Visit

Phnom Penh

Visit the King's current dwelling place, a magnificent riverside palace with classic Khmer architecture. Dress appropriately please; visitors must wear clothing that covers knees and shoulders, and shirts must reach the elbow.

Silver Pagoda Visit

Phnom Penh

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

National Museum Visit

Phnom Penh

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

Russian Market Visit

Phnom Penh

Shop this must-visit market for souvenirs, handicrafts, antiques, and Western brand-name clothing at (often) greatly discounted prices. Haggle away for the best deals!

Wat Phnom Visit

Phnom Penh

Visit Wat Phnom (Hill Temple) in late afternoon, a historic monument with lots of green space. Keep an eye on your food and belongings; cheeky monkeys like to get a hold of anything they can.

Accommodation

Diamond Hotel (or similar)

Hotel

Meals included: Breakfast

Day 10 Phnom Penh/Kampot

Travel to Kampot, home of Bokor National Park. Visit Rabbit Island, sample the famous Kampot peppers or enjoy a seafood feast in Kep.

Drive eastward along the coast to reach Kampot, world-famous for the Kampot pepper and home of Bokor National Park.

Visit Rabbit Island or spend some time at the beachside town of Kep, known for its fresh crabs. Opt for activities like visiting a cave, a pepper plantation or a fish farm. Take a cycle tour to a waterfall or enjoy a sunset cruise.

Private Vehicle

Phnom Penh - Kampot3h150km

Stretch out and scan the scenery from the comfort of a private vehicle.

Free Time

KampotAfternoon

Free time to do optional activities in Kampot or visit Kep.

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Optional Activities - Day 10

Rabbit Island Excursion

Kampot

Visit this undeveloped tropical island to enjoy beautiful white sand beaches. Walk the island's perimeter passing beaches and mangroves along the way (about 3 hours).

Kep Excursion

Kep

Take in the charm of this seaside resort, home to a beautiful National Park and friendly residents. Be sure to enjoy a seafood meal, including local fresh crabs.

Cycle Tour

Kampot

Join the tour and hop on a bike - it's one of the best ways to see Kampot and the countryside.

Sunset Cruise

Kampot

Kick back, relax, and enjoy the water views on this peaceful cruise into the sunset.

Accommodation

Mittapheap Kampot (or similar)

Guesthouse

Day 11Kampot/Sihanoukville

Travel to Sihanoukville, a beautiful beachside town.

Travel to Sihanoukville and feast on fantastic local seafood, take a day trip to snorkel the coral reefs and explore the islands, or just sit back in a deck chair and let the warm breeze caress you as the waves splash gently at your feet. It doesn't get much better than this.

Private Vehicle

Kampot - Sihanoukville2h100km

Stretch out and scan the scenery from the comfort of a private vehicle.

Free Time

SihanoukvilleAfternoon

Use free time to explore or just sit back and relax.

Accommodation

Seaside Hotel SHV (or similar)

Hotel

Day 12Sihanoukville

Enjoy a free day to enjoy Sihanoukville. Opt to take a full-day boat and snorkelling trip around the islands or just sit back and relax on the beach.

There are options in town to check out some local cafés or get a massage or pedicure, too.

Free Time

Sihanoukville Full Day

Spend the day however you like.

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Optional Activities - Day 12

Snorkelling Boat Trip

Sihanoukville

Come on this snorkel adventure to explore Cambodia's unique reefs and underwater world. See coral-crested ridges that support a wide range of marine life -- you may spot moray eels, sting rays or dolphins. The trip includes a stop on a secluded island beach for a seafood barbecue before heading back to shore.

Accommodation

Seaside Hotel SHV (or similar)

Hotel

Meals included: Breakfast

Day 13 Sihanoukville/Bangkok

Return to Phnom Penh then fly back to bustling Bangkok.

Drive to Phnom Penh airport to return to Bangkok. There will be time to catch up on last minute shopping or visit more sights before one last evening on the town.

Private Vehicle

Sihanoukville - Phnom Penh International Airport 3h-4h 220km

Stretch out and scan the scenery from the comfort of a private vehicle.

Plane

Phnom Penh International Airport - Bangkok 1h

Transfer about an hour back to the city from the airport on arrival.

Free Time

Bangkok Evening

Spend a few more hours in Bangkok anyway you like.

Accommodation

FX Hotel Metrolink Makkasan (or similar)

Hotel

Meals included: Breakfast

Day 14 Bangkok

Depart at any time.

Meals included: Breakfast

What's Included

Angkor Wat complex entrance and guide (Siem Reap). Tuol Sleng and Choeung Ek (Killing Fields) entrance and guide (Phnom Penh). City cyclo tour. Mekong boat trip to spot Irrawaddy dolphins. Local Khmer dinner in nearby village at the G Adventures-supported New Hope project. Internal flight. Border crossing support. All transport between destinations and to/from included activities.

Highlights

Stroll through the streets of colonial Phnom Penh and Battambang, learn about the recent history of Cambodia with a visit to Tuol Sleng, revel in the majesty of Angkor Wat, relax on golden beaches, experience a local village meal

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

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.

Please be aware that this itinerary is a brand new trip for us in 2012.

While we have thoroughly planned and researched this new itinerary on the ground, the nature of travel is that even the best laid plans can sometimes come across the unexpected! If you like being a trail blazer and are not afraid for a small hiccup or two along the trail, this trip is exactly right for you. If any of the above concerns you, we suggest you wait a year until we have this trip running to our normal perfection.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are traveling through, offer suggestions for things to see and do, 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. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however, they may also be Asian style, consisting of noodles, congee (rice porridge), bread or eggs; this may vary depending on the city we're visiting. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. Should breakfast not be included, your CEO can suggest some local options.

Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. While trekking in remote regions, food is included, plentiful and made of fresh local ingredients. For all trips, please refer to the meals included and budget information.

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

Transport

Private van, local bus, cyclo, boat, tuk tuk, plane

About our Transportation

Private bus, Local bus, Plane

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 (13 nts).

My Own Room

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

About Accommodation

Hotels/Guesthouses 13 Nights

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

We are on the move a lot on this trip so recommend 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 travelers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as storage space on some transport is limited - they need to fit under the beds when traveling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

Checklist

Passport (with photocopies)

Travel insurance (with photocopies)

Airline tickets (with photocopies)

USD cash (small denominations preferred)

Credit or debit card (see personal spending money)

G Adventures vouchers, pre-departure information and dossier

Any entry visas, additional passport photos or vaccination certificates required

Alarm clock

Flashlight

Sunblock/Sun hat

Sunglasses

Insect repellent

Small towel and swim wear

Toiletries (biodegradable)

Sturdy walking shoes/sport sandals

Money belt

Shorts

Long trousers

Shirts/T-shirts

Swimwear

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

Camera and film

Reading/writing material

Binoculars

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 and Cambodia 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. It is important that you check for yourself. For most travelers there will probably have an embassy and consulate in the country that you live in.

THAILAND - Most nationalities do not need a visa for Thailand for stays of 30 days or less but if you do they are available on arrival at Bangkok Airport. Please ensure you obtain a multiple entry Visa to avoid complications. 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.

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

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

Cambodia has now also introduced an e-visa that can be applied for in advance. Please contact the Embassy for more details if you would prefer to get your visa in advance (please be sure to check that your nationality is eligible).

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

Spending Money

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

Money Exchange

During this tour the local currencies you will use are the Thai Baht, US Dollar and Cambodian Riel. 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.

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

Optional Activities: USD200 for optional activities not included in the trip.

Approximate costs (per person) for popular optional activities taken in free time are -

Day trip to Islands (Sihanoukville)- USD10-15
Day trip to Ream National Park (Sihanoukville)- USD15
Day trip to Bokor National Park(Kampot) - USD50
Countryside Motorbike Tour (Battambang) - USD15 for Half Day
Khmer Cooking Course (Battambang) - USD10 for Half Day
Transport around town (Phnom Penh) \$5-10 per half day
National Museum (Phnom Penh)- USD3
The Silver Pagoda (Phnom Penh)- USD6.25
Tonle Sap Lake Tour (Siem Reap)- USD15-20
Phare - The Cambodian Circus (Siem Reap) USD15.00-45.00
Wat Po (Bangkok)- USD2
Grand palace (Bangkok) - USD11
Klong(Canal) Tour (Bangkok) - Approx \$10-30 dependent on numbers
Jim Thompson's House (Bangkok) - USD3.5
National Museum (Bangkok) - USD1.5
Royal Barge Museum (Bangkok) USD1.5
Thai Massage - USD10 per hour

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/

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.

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)

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

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

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [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.