

Colours of Asia—Singapore to Bangkok - AGCA

14 days: Singapore - Thailand

What's Included

Trishaw ride in Melaka, Half day tour of Kuala Lumpur, Rainforest Expedition in Cameron Highlands, Butterfly Farm, Ang Thong Marine Park visit (East Coast only), Bangkok Klong tour, Entrance and guide to Wat Pho.

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 1, 2012 - December 31st 2012.

Trip Style

Classic: Designed to ensure an authentic and unforgettable travel experience, our Classic trip styles have broad appeal. That's because they are all about the exploration of unique landscapes, awe-inspiring wildlife and foreign cultures.

Service Level

Standard:

- Genuine experiences at reasonable prices
- Comfortable tourist-class hotels and guest houses with character
- Mix of private and public transportation

Physical Grading

2: Light walking and hiking that is suitable for most fitness levels.

Itinerary



Day 1 Singapore

You can arrive at any time on day 1 as there are no activities planned. For those who arrive early, check the hotel reception for information and ideas on what to do for the day. Your CEO will have left a Welcome Note at reception detailing the time and place for a group meeting (normally around 6pm). After the meeting you can head out to experience Singaporean cuisine with your group. Although Singapore has a few areas untouched by modernisation, wandering the streets of Little India and Chinatown is a great way to see the old parts of the city.

Day 2 Melaka (B)

A reasonably short bus journey takes us to the old port town of Melaka where we can wander the streets and absorb the atmosphere and heritage of this historically important maritime town. With the beginning of trade with China in the early 15th century, Melaka rapidly became the most important trading port in South East Asia. Chinese traders were followed by those from India. With them came Islam and soon the Melaka sultans ruled the largest empire in Malaysia's history. Successively the Portuguese, Dutch and British arrived in search of trading wealth. While the effects of recent economic growth is apparent, Melaka remains one of Malaysia's premier destinations. There are temples, churches and mosques, museums and forts to explore. We will also experience a taste of old Asia with a trishaw ride around the streets of old Melaka.

Approx travel time:

Singapore to Melaka by public bus: 4.5 hours

Days 3-4 Kuala Lumpur (B)

Arriving in Kuala Lumpur at lunchtime by public bus, we have ample time to see the city's impressive architecture and experience the fascinating cultural mix that gives this city such a uniquely cosmopolitan feel.

A guided tour of the city's sights will give you a great insight into the capital. The evening is best spent at the night market sampling different cuisine and bargain hunting among the stalls. Don't forget a visit to the Petronas Towers, the tallest twin towers in the world.

Approx travel time:

Melaka to Kuala Lumpur by public bus: 2 hours

Days 5-6 Cameron Highlands (B)

On the morning of day 5 we head for the hills. The Cameron Highlands hill station is one of Malaysia's most famous. Established in 1885 by William Cameron, a British surveyor, the hill station is famous for its tea plantation and strawberry farms.

On Day 6 we take a full day excursion. The Rainforest Expedition includes seeing the Rafflesia, the world's largest flower (depending on season), a visit to an Aborigine Village, a blow pipe hunting demonstration, a 1-2 hour jungle trek, swimming at a waterfall, visiting a tea plantation and a reptile farm.

Approx travel time:

Private vans from Kuala Lumpur to Cameron Highlands: 6 hours.

Day 7 Penang

On the morning of day 7 we take minivans northwards to the island of Penang. The original Chinese atmosphere of the island still exists today, making it a fascinating place to explore. In your free time you may want to take a bicycle rickshaw tour to meander through the streets of Georgetown, take a funicular railway to the top of Penang Hill, see the colourful bazaars of the night markets or visit some of the many Chinese temples.

Food is also a treat in Penang with an impressive variety, from Chinese to Malay and Indian.

Estimated travel time:

Private vans from Cameron Highlands to Penang: 4 hours

For trips that run from May-Oct , East Coast

(While it is our intention to adhere to the route described below during the designated seasons, please note that trips that are in April/May and October/November may be changed to the opposite itinerary due to weather conditions. Our goal is to visit the area with the best optimal weather conditions.)

Day 8 Nakhon Si Thammarat

Today our journey is a long one, beginning with an early morning border crossing into Thailand. We travel by minivan to the town of Hat Yai and from here we travel by local bus to Nakhon Si Thammarat.

The city was the administrative center of Southern Thailand during most of its history. An intriguing blend of Cultures, where Muslim Mosques and Buddhist Temples blend with 17th Century European factories and houses, relics of a time when this city was a major trading hub.

Nakhon Si Thammarat is famous for its shadow puppets carved from buffalo hide and is also home to Wat Phra Mahathat, the biggest wat in southern Thailand.

Estimated Travel Time:

Penang to Nakhorn Si Thammarat: 7 hours

(Please allow for delays as we are crossing a border today).

Day 9 Ko Samui (B)

We travel by mini van and boat to Koh Samui, arriving by mid afternoon. Lying off of Thailand's east coast in the Gulf of Thailand, Koh Samui offers everything you could possibly want in a beach retreat: white sandy beaches, coconut palms, fresh seafood and warm, clear waters. With an area of 247 square kilometers, Koh Samui is the largest island in an archipelago of around 80 islands. Like Phuket, Koh Samui attracts many visitors but still has plenty of out-of-the-way spots for those wishing to get away from it all.

We stay for 2 nights in a resort in Koh Samui. Our resort is located a stone's throw away from the beach and has all the amenities that you may require, including a bar and swimming pool. All of our rooms are twin share and come with an en suite bathroom.

Estimated Travel Time:

Minivan from Nakhorn Si Thammarat to Don Sak Pier: 4 hours.

Public Ferry from Don Sak Pier to Koh Samui: 2 hours

Transfer from the pier to the hotel: 20 minutes.

Days 10-11 Koh Phangan (2B,L)

For trips departing May to October - East Coast

Options for snorkelling, hiking, visit waterfalls or simply chill out. With everything from yoga and meditation courses, natural beauty, waterfalls and its famous Full Moon Parties, Koh Pha Ngan has something for everyone.

On day 11 we take a day trip to Ang Thong National Marine Park, an archipelago of approx. 40 islands. We have the opportunity to explore some of the islands and do some snorkeling. (Please note that if weather conditions are not suitable an alternative activity will be substituted).

Approx travel time:

Transport to ferry: 20 minutes.

Ferry from Koh Samui to Koh Phangan: 40 minutes.

Transport to hotel from ferry terminal: 10 minutes.

For trips that run Nov to Apr, West Coast

(While it is our intention to adhere to the route described below during the designated seasons, please note that trips that are in April/May and October/November may be changed to the opposite itinerary due to weather conditions. Our goal is to visit the area with the best optimal weather conditions.)

Days 8-9 Langkawi (B)

Langkawi Island 'The Jewel of Kedah' is the largest and one of only 2 inhabited islands of the 99 that make up the Langkawi Archipelago. Fringed by magnificent white-sand beaches, shrouded in lush tropical jungle and designated a UNESCO 'World Geopark' for it's ancient topography, Langkawi supports a rich blend of both Thai and Malaysian culture and food.

Take the Langkawi Cable Car to the top of Gunung Mat Chinchang for astounding views and the Langkawi Skybridge. Visit Museums, swim in the Telaga Tujuh Waterfalls or just relax on the magical beaches.

Our accommodation in Langkawi is very well located close to the beach and other amenities, but the hotel is of a basic standard. Each room is double or twin share and comes with an attached ensuite bathroom.

Approx Travel Time:
Ferry from Penang to Langkawi: 3 hours.

Days 10-11 Krabi / Ao Nang (2B)

Our Ferry winds its way through the magnificent islands of the Archipelago arriving at the Thai port of Satun. From there we travel by bus and songthaew to Krabi Province on the beautiful west coast (approx. 3 hours). You will soon discover why Thailand is so famous for its unspoiled beaches.

Our guesthouse is in Ao Nang, close to the beach and provides a perfect spot to mellow out and relax. Weather permitting, you can take a longtail boat out to some of the beautiful islands and snorkel the reefs that have made southern Thailand so famous.

Your Chief Experience Officer (CEO) will fill you in on all the other interesting options - such as sea kayaking and rock climbing - that are available in the area. This is the perfect place to get active or simply chill out and relax!

Approx travel time:
Ferry Langkawi to Satun: 1.5 hours.
Bus from Satun to Krabi: 3.5 hours.

Day 12 Overnight train, East and West Coast (B)

This morning we have a few hours to do some further exploring before we board our comfortable overnight train to Bangkok.

Tonight's accommodation is an overnight sleeper train. Beds are dormitory style, with bunks on two layers along the side of the train carriage. There are curtains along each bunk for privacy. Your luggage will be accessible during the journey. The train has air-conditioning and clean bedding is provided for each bunk. There are both western style and asian style toilets at the end of each carriage. Food and drinks are served on the train but you can always bring your own food from the shops and restaurants in the train station.

Approx travel time:
Surat Thani to Bangkok: 13 hours.

Days 13 Bangkok

Arriving early this morning, we make our way to our hotel which is a brief 5 minute walk away.

Today we enjoy a one-hour long tail boat tour of Bangkok's famous klongs, or canals. Our boat trip finishes at the Royal Temple of Wat Po. Our included guide will introduce you to Thai Buddhist culture and show you the famous reclining Buddha. When your guided tour ends there will still be time for some afternoon shopping, a visit to Grand Palace or a stroll through the backpacker area.

Day 14 Bangkok (B)

You are free to depart at any time today.
We look forward to receiving your evaluation regarding this tour itinerary and your CEO's performance. We value your input into what we could improve to make this trip even better and of course love hearing about what we are already doing well! You will be sent a post tour email on your return with details on how to go on line and fill in this simple form. Thank you so much in advance.

StartFinish

Singapore to Bangkok

What's Included

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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

As we use (sometimes crowded) local transport please note backpacks are much more suitable than suitcases for this style of trip. Train and bus travel means that bags have to be stowed either overhead or under beds, so travelling as light as possible is recommended.

Group Leader Description

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

Group Size Notes

Max 15, Avg 10

Meals Included

6-7 breakfasts, 1 lunch (included meals is dependent on the east and west coast itinerary)

Meals

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

Meal Budget

Allow USD285-375 for meals not included.

Transport

Train, local bus, minibus, ferry, songthaew, taxi, trishaw.

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.

Single Travellers

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

Accommodation

Simple bungalows (2 nts), hotels (10 nts), sleeper train (1 nt).

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, with the following exceptions:

Night 13, Sleeper Train

Joining Hotel

Hotel Bencoolen
47 Bencoolen Street,
Singapore 189626
Tel. (65) 6336-0822

Joining Instructions

To arrive at the joining point in Singapore, catch a public taxi from the airport to the address shown above. Taxis are easy, safe and cheap. Allow US\$20 per taxi. Alternatively, there is a semi-express, air conditioned coach service that runs between the airport and the city. The service runs between 6am and midnight. The cost is US\$7 for adults. You will find these buses on the basement level of the airport. They are called 'AIRBUS'.

Map of hotel area: www.hotelbencoolen.com/index.cfm?id=4A2FDC56-06F5-0C3D-AA15BB4535CD990E

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your group trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your trip leader. If this is unsuccessful, please refer to our Emergency Contact. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please contact your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact G Adventures during a situation of dire need, it is best to first call our 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.

G Adventures Local Office – Bangkok, Thailand
Bangkok Office Tel: +66 2 252 6642 (9am-5pm Local Time)

South East Asia Managers: +66(0)870496074 (Bangkok, Thailand)

For Airport Transfers in Thailand: +66 (0)81 372 8808

If you are unable for any reason to contact our local office, we have a toll-free line for North America, which will connect you directly

with our Toronto office. In the event that you cannot get through, you can reach a member of our Operations department at the mobile number below.

Toll-free, North America only: 1 800 465 5600.

Calls from UK: 0844 410 1030

Calls from Australia: 1 300 796 618

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

What to Take

You will be on the move a good deal, so pack as lightly as possible (try to stay under 10 kg /22lb). It is in your own interest as you are expected to carry your own luggage, though distances are never great. Most travellers carry their luggage in a pack, although an overnight bag with a shoulder strap would suffice. Suitcases are not recommended for G Adventures travellers! Travellers will need a day pack to carry water and a camera for day walks and day trips in both national parks and at the lake. As airline luggage limits are generally 20 kgs, you might like to consider taking over some clothes you no longer require to be distributed to local people in need of clothing. Your leader can take the clothes when you arrive, so that you do not have to carry them during the trip. Children's clothing and warm clothing are most in demand.

Checklist

Travel documents: passport, visa, travel insurance, air tickets, voucher

Health requirements arranged

Money: USD cash/credit card

Money pouch

First Aid kit and personal medication

Alarm clock and torch/flashlight

Ear plugs

Water bottle (optional)

Walking shoes with good grip/Swimming costume

Insect repellent

Torch

Sun screen/Hat/Sunglasses

Gastrolite - Oral Rehydration Powder

Comfortable Pack (see above)

Travel sickness tablets (for long bus journeys- optional)

Inner sheet/sleeping sheet (optional)

Waterproof bags for rain protection while trekking or in rainy season (plastic shopping bags are fine)

Warm clothes for overnight in the jungle and cool bus journeys

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

It is your responsibility to arrange visas before you travel.

SINGAPORE: Most nationalities including Australian, New Zealand, British, Canadian, American, Belgian, Swedish, German, Dutch and Danish passport holders do not require a visa for a stay of 30 days or less.

MALAYSIA: Most nationalities including Australian, New Zealand, British, Canadian, American, Belgian, Swedish, German, Dutch and Danish passport holders do not require a visa for a stay of 30 days or less. Please ensure you check with the appropriate embassy in your home country prior to arrival, especially for certain South American passport holders.

Please note that some nationalities (eg. Colombian) are not allowed to enter Malaysia overland and instead must fly to enter. If this is applicable to you please note that we can assist you with making flight arrangements for this tour for you but these costs would be additional and not included in tour costs.

THAILAND: Most nationalities including Australian, New Zealand, British, Canadian, American, Belgian, Swedish, German, Dutch and Danish passport holders do not require a visa for a stay of 30 days or less when flying into Thailand. We are crossing overland, so if

you are staying in Thailand for more than 15 days, you will be required to obtain a tourist visa in advance.

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. Please contact your nearest Thai embassy to receive the most up to date information for your country of origin.

Destination Guide

For practical information on weather, typical costs, visa information, special events and much more, our Destination Travel Guide is the place to visit! This handy guide will tell you everything you need to know about everywhere we go! Head to <http://www.gadventures.com/travel-guide> for detailed information on the countries and cities we visit.

Detailed Trip Notes

English is widely spoken and transportation and infrastructure is good on this journey, but please remember that this is Asia- expect the unexpected! If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced.

Spending Money

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 Malaysian Ringgit, Singaporean Dollar and 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 \$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!

Departure Tax

Departure tax is included in all Domestic and international 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 Tour Leader will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1-\$2 USD per person per day depending on the quality and length of the service; ask your tour leader for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures Tour Leader 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: USD100 for optional activities not included in the trip.

Ang Thong Marine National Park - kayaking, snorkeling and sightseeing (Koh Samui) USD 60

Island City Tour - Big Buddha Temple, Chinese temple, 1000 arms goddess, View Point, Grandmother and Grandfather rock, waterfall, mummified monk (Koh Samui) USD 15

Boat tour around Island - Big Buddha Bach, snorkeling at Green Peace Island, Swallows Nest Island, sightseeing and relaxing (Koh Samui) USD 50

Cooking Class (Koh Samui) USD 43

Jungle Safari Tour (Koh Samui) Full Day tour USD 67 and Half Day tour USD 50

Elephant riding (Samui) - USD18

Waterskiing (Samui) - USD20 for 15 minutes

Kayaks - USD7 p/h

Scuba diving - USD60

Trishaw tour (Penang) - USD8

KL Menara (Tower) (Kuala Lumpur) - USD6

River cruise (Melaka) - USD3

Singapore Zoo (Singapore) - USD20

Grand palace (Bangkok) - USD11

Wat Po (Bangkok) - USD2

Klong(Canal) Tour (Bangkok) - Approx \$10-30 dependent on numbers

Thai massage (Bangkok) - 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.

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 . Please be aware that we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

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.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

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 don't buy gems in Bangkok unless you know what you are doing. If you fall victim to a gem scam, we are unable to assist you.

The city centre of Kuala Lumpur has had several incidents of snatch thefts recently. If doing some exploring on your own during or after your trip, carry only the necessary minimum with you and use a well-hidden money belt. Valuables, including your passport, should be left in the hotel safe - organize this at reception. There is no need to be paranoid, just be cautious.

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.

Responsible Travel

Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and

individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.

-Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.

-Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G Adventures website: www.gadventures.com

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 Planeterra 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

When packing be aware that dress standards are conservative throughout Asia. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate (suitable clothing can be purchased cheaply in Bangkok). Shorts should be knee-length. Singlets and tank tops (vest tops) are not suitable in many areas. Most of the areas visited on this trip are predominantly Muslim and therefore modest dress is suitable. Topless and nude bathing or sunbathing is not appropriate and is in fact illegal. In some places you should use a sarong or shorts and T-shirt for swimming rather than a 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/newsletter_signup

Stay current on all things green by signing up to "The Village" e-newsletter. Check out Planeterra's exciting line up of voluntours, stories from the field, fun contests and upcoming events. Subscribe at - www.planeterra.org

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](http://www.gadventures.com/wateringhole), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](http://www.gadventures.com/wateringhole) 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.

Keeping in Touch

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our CEOs and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.

DepEnd

DEPARTS SAT TWICE MONTHLY

Highlights

Surprising Singapore, Kuala Lumpur, vibrant Bangkok, historical Melaka, the cool tea stations of Cameron Highlands, multicultural Penang, traditional Nakon Si Thammarat, the white-sand beaches of Koh Samui, stunning waters of Ang Thong National Marine Park.