

Wellness Bali - AEUSW

9 days: Ubud to Sanur

What's Included

- Your G for Good Moment: Bali Community Training Lunch Program, Ubud
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Wellness Moment: Morning Yoga, Ubud
- Your Foodie Moment: Organic Cooking Class, Ubud
- Your Wellness Moment: Healing Ceremony, Tabanan
- Your Wellness Moment: Balinese Healing Yoga Session, Pemuteran
- Your Wellness Moment: Morning Yoga, Nusa Dua
- Your Wellness Moment: Anti-Gravity Yoga, Nusa Dua
- Arrival transfer, Tirta Empul Temple Visit, Gunung Kawi Temple Visit, Snorkelling Menjangan Island, Hike to Munduk Waterfall, Ulun Danu Temple Complex Visit, Treking Jatiluwih Rice Terrace, All transport between destinations and to/from included activities

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

VALIDITY: Valid for all trips departing January 7th, 2025 and onwards

Itinerary

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

Day 1 Ubud

Arrive at any time. Your arrival transfer is included. This evening, meet the group and CEO for a welcome meeting. Take this opportunity to set your intention for the trip ahead.

Private Vehicle

Denpasar - Ubud 2h

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

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

18:00

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Accommodation

Amarea Resort Ubud (or similar)

Hotel

Day 2 Ubud

Enjoy an early morning yoga class before a healthy breakfast. Participate in a day exploring the spiritual side of Bali in depth, including visits to Hindu temples Tirta Empul where you will take a holy bath to purify yourself, and Gunung Kawi, the ancient funeral monument of the Balinese Kings. Stop for lunch at the G Adventures supported-Bali Community Training Lunch Program. Opt to wind down with a yoga and meditation session.

Before departing, create an offering called Canang in Balinese. This offering will be brought with you to the temples to ask for permission from the gods to enter.

Your Wellness Moment: Morning Yoga

Start your day with a Hatha yoga session

Tirta Empul Temple Visit

Ubud

Take in the beauty of this Hindu temple, built in 962 and dedicated to Vishnu, the Hindu god of preservation. Wade through its bubbling springs, believed to hold curative powers.

Gunung Kawi Temple Visit

Ubud

Explore this ancient Hindu temple complex, an ancient funeral monument of the Balinese Kings. Be sure to check out the shrines carved into the cliff -- they stand at an impressive 7m (23ft).

Your G for Good Moment: Bali Community Training Lunch Program

Enjoy lunch at the G Adventures-supported Bali Community Training Lunch Program. This initiative supports and assists people living with disabilities in Bali to find independence and meaningful employment through training in the hospitality sector. In Hindu-Bali, it is a societal belief that being born with a disability is a product of "bad karma". Our ground partners are working in the community to break down these stereotypes, and provide resources, training, and education to adults living with disabilities to gain independence and confidence, and find employment within their community. Fully managed and operated by individuals living with disabilities, enjoy a delicious traditional Balinese buffet lunch prepared by the organization while learning more about this initiative that empowers individuals through skills and employment training. All proceeds from this included lunch support the organization's training, education, advocacy and outreach programs, as well as resources such as wheelchairs and three-wheeled mopeds.

Optional Activities - Day 2

Afternoon Yoga

Ubud

Take a break from your day with an afternoon yoga session.

Meals included: Breakfast | Lunch

Accommodation

Amarea Resort Ubud (or similar)

Hotel

Day 3 Ubud

Enjoy an early morning yoga class before a healthy breakfast. Visit an organic farm accompanied by a chef who will explain the ingredients used in Balinese cuisine, then get your hands dirty and enjoy the ritual of preparing a typical Balinese meal in a traditional Balinese kitchen. Learn various techniques and get to know the equipment. Afternoon at leisure with the option for a yoga and meditation session.

Your Wellness Moment: Morning Yoga

Start your day with a Hatha yoga session

Your Foodie Moment: Organic Cooking Class

Refine your culinary skills with a Balinese cooking class. Discover the secrets of delicious local cuisine and how to use exotic herbs and spices.

Free Time

Ubud Afternoon

Opt for a massage, cycling, or simply wandering around town.

Optional Activities - Day 3

Massage

Candi Dasa

Relax and soothe sore muscles with a local massage.

Afternoon Yoga

Ubud

Take a break from your day with an afternoon yoga session.

Meals included: Breakfast | Lunch

Accommodation

Amarea Resort Ubud (or similar)

Hotel

Day 4 Ubud/Pemuteran

Depart for Pemuteran via Tabanan, where you will stop at a traditional Balinese house compound and experience their healing ceremony. Learn about typical Balinese life including how to write in the Balinese alphabet, then enjoy a family-style regional lunch. Continue to Pemuteran and enjoy a free afternoon.

Private Vehicle

Ubud - Tabanan 1h30m

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

Your Wellness Moment: Healing Ceremony

Enjoy a healthy welcome drink. Visit a typical Balinese house compound and learn about daily life including how to make offerings, herbal medicine "Boreh", how the Balinese calendar is built, how to write the Balinese alphabet on a Lontar leaf and how to make coconut oil. Visit with a Balinese Healer called a Balian.

Private Vehicle

Tabanan - Pemuteran 2h

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

Free Time

Pemuteran Afternoon

Enjoy free time this afternoon.

Meals included: Breakfast | Lunch

Accommodation

Taman Sari Bali Resort & Spa (or similar)

Hotel

Day 5 Pemuteran

Begin the day breathing through a special Balinese Healing Yoga session followed by a healthy breakfast. Afterwards, drive to the pier for a short boat ride to Menjangan Island for a day of snorkeling over magnificent underwater vistas. Return to hotel with the rest of the day to spend at your leisure.

Your Wellness Moment: Balinese Healing Yoga Session

Enjoy a unique calming yoga that will challenge both body and mind.

Snorkelling Menjangan Island

Menjangan 4h30m

Hop on a 30 minute boat ride to Menjangan Island. Snorkel over sponges, sea grass, coral and fish for an hour before stopping for a scenic lunch break on the island. After lunch jump in for another snorkelling session at a new spot off the Island.

Meals included: Breakfast | Lunch

Accommodation

Taman Sari Bali Resort & Spa (or similar)

Hotel

Day 6 Pemuteran/Nusa Dua

Depart for Nusa Dua. En route your first stop will be Munduk, perhaps Bali's most beautiful waterfall. Next visit Ulundanu Temple, a Balinese Hindu Temple located in the Candi Kuning highland countryside. Continue to Jatiluwih to begin a gentle trek through rice fields and enjoy bathing in the beautiful greenery. On arrival in Nusa Dua, relax with a cold drink by the ocean.

Hike to Munduk Waterfall

Munduk

Munduk is arguably Bali's most beautiful waterfall. After trekking 300m from the main road through lush green forest and nature song, opt to take a refreshing dip in Munduk's pool.

Ulun Danu Temple Complex Visit

Danau Beratan

Bring your camera for this floating temple visit; the captivating Ulun Danu Temple, founded by the King of Mengwi in the 17th century, is one of Bali's most important and most photographed temples.

Jatiluwih Rice Terraces Trek

Tabanan

Follow your CEO down narrow paths as you explore the UNESCO-protected Jatiluwih Rice Terraces. Stop to enjoy the view as you trek around the area. Connect closer to nature as your forest bathe under the swaying palms, being still, quiet and calm in the pristine nature around you.

Private Vehicle

Pemuteran - Nusa Dua 3h30m-4h144km

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

Meals included: Breakfast**Accommodation****Sadara Resort (or similar)**

Hotel

Day 7 Nusa Dua

Start the day with a morning yoga session in view of the ocean waves. This afternoon opt for an in-depth Balinese dance class or try your hand at massage by taking an informative course.

Your Wellness Moment: Morning Yoga

Enjoy a morning yoga session in the beautiful and relaxing Balinese garden.

Free Time

Nusa Dua

Spend a free day to explore beautiful Nusa Dua.

Optional Activities - Day 7**Massage Course**

Nusa Dua

Balinese people believe that body, mind and spirit work in harmony, and that health and wellbeing leads to happiness. The traditional Balinese massage is useful for healing, releasing tension, freeing tissues of toxins and improving circulation. In this class you will learn and practice techniques of the traditional Balinese massage. The technique use a combination of gentle stretches, skin rolling and pressure-point stimulation.

Balinese Dance Class

Nusa Dua

Join a fun and knowledgeable Balinese Dance lesson with professional practitioners. First learn of its history then see a demonstration before joining in yourself. The instructors will guide you through postures and moves, then combine them all into an enthusiastic dance.

Meals included: Breakfast**Accommodation****Sadara Resort (or similar)**

Hotel

Day 8 Nusa Dua

After breakfast enjoy the unique experience of doing anti-gravity yoga in a local families backyard. The rest of your day is free to explore this beach town.

Your Wellness Moment: Anti-Gravity Yoga

Join locals at this intimate, neighbourhood-favourite yoga spot. Instantly feel relaxed in the serene backyard, the perfect spot to achieve a total-body workout by performing a series of exercises inspired by yoga, pilates, calisthenics and aerial acrobatics. All while hanging in a silk hammock.

Free Time

Nusa Dua

Relax on the beach, or choose from the endless ways to stay active including stand-up paddleboarding, running, surfing, cycling or snorkelling.

Meals included: Breakfast**Accommodation****Sadara Resort (or similar)**

Hotel

Day 9 Nusa Dua/Sanur

Your trip ends today in Sanur. Take an included shuttle from Nusa Dua to Sanur, or opt to be dropped off at the airport. Your trip ends on arrival to Sanur.

There will be multiple shuttle departure times today to Sanur and the airport. You can choose which time works the best for you. We recommend booking departure flights no earlier than 12:00 pm today.

Meals included: Breakfast

What's Included

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Highlights

Take in the inspiring Munduk waterfalls, Soak in a holy bath at Tirta Empul, Centre yourself with yoga overlooking the ocean, See the unique floating Ulun Danu Temple, Trek through the beautiful Jatiluwih Rice Terraces, Discover a traditional healing ceremony in Tabanan

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.

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 12

Meals Included

8 breakfasts, 4 lunches

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 CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice may be limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

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

Transport

Private van, walking.

Solo Travellers

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

Accommodation

Hotels (8 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

Joining Instructions

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

An arrival transfer is included when you arrive on Day 1, or when you arrive up to three days prior to the tour, provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our G Adventures representative will be at the airport to meet you. Our representative will stand at the meeting area of all travel/hotel representatives. It is located approximately 50 meters from the exit doors after luggage check. Our transfer representative will be waiting for you with a G Adventures sign board in hand. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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 the G Adventures Local Office or our G Adventures Local Representative (if one is listed below). 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. Included arrival transfers are provided from the nearest airport to your starting location. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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 Denpasar (Bali) Airport Transfer complications please call our local G Adventures Transfer provider directly at: +62 813 376 18480 or +62 811 380 3820 or +62 811 380 3821.

EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand
From outside Thailand: +66 92 338 9222
From within Thailand: 092 338 922

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

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

Finishing Point Instructions

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

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 with you in buses or on trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

Packing List

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)

- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Wellness:

- Flip flops or comfortable shoes (required)
- Large towel (required)
- Yoga clothes or comfortable clothing (required)
- Face towel
- Journal
- Water Bottle
- Yoga props

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 and Entry Requirements

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

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

Indonesia:

Please follow the below links for further information and application (for those eligible for a Visa On Arrival)

[Visa on Arrival](#) [Customs Declaration](#)

Bali:

Effective February 14, 2024, Bali will implement the “Bali Tourist Levy” for all foreign tourists traveling to the island. This fee is 150,000 IDR (or \$10 USD). Travellers can opt to pay this fee online or in person upon arrival to Bali. We strongly suggest every traveler pay before arrival to ease your entry and avoid queueing to pay upon arrival. The Balinese Government also highly recommends travellers to pay this fee before arrival to Bali.

Payments made before your arrival into Bali will take place through the “Love Bali System.” After successful payment, the system will provide you with a digital paid notification as proof. Make sure to hold on to that proof as it will be scanned by Bali Officials upon arrival to the island. Pay Tourist Levy [here](#)

If you do not pay the fee before arrival, a cashless payment must be made at your entry point. You will receive a printout proving your payment. This document must be kept safe as entry officials will scan the printout upon entering Bali.

For more information, please click [here](#)

Information is accurate as of April 1st, 2024.

Detailed Trip Notes

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

Spending Money

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 Indonesian Rupiah. As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: www.xe.com 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, EUR, GBP, CAD, and AUD 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 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

Ubud

- Afternoon Yoga

Candi Dasa

- Massage

Nusa Dua

- Massage Course

- Balinese Dance Class

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. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information.

Safety and Security

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

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

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

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.

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 people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Travel Insurance

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

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

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

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

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

Local Dress

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

Feedback

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

Minimum Age

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

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

LGBTQ+ Safety

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.