



THAILAND & LAOS ADVENTURE

Go Beyond Tour | 16 Days | Physical Level 2

Bangkok – Chiang Mai – Hmong Hilltribe - Chiang Rai – Pakbeng – Luang Prabang –
Vientiane

An unforgettable experience awaits you in Thailand and Laos. Venture off the beaten track to discover the fascinating hilltribe cultures of Thailand's northern highlands and explore the tranquil treasures and rich culture of beautiful Laos.

- Cruise Bangkok's Chao Phraya River
- Discover Chiang Mai charms by cyclo
- Spend a night at a Hmong Hilltribe lodge
- Stroll through laidback Chiang Rai
- Meet monks in Laos
- Bathe in the pools of the Kuang Si Falls

TOUR MAP



THAILAND AND LAOS ADVENTURE TOUR INCLUSIONS:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- All meals
- All sightseeing and entrance fees
- All transportation and transfers
- English speaking National Escorts (if your group is 10 or more passengers) or Local Guides
- Laos visa fees for New Zealand passport holders (please see visa section below for further information)
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides
- Safe and secure with IATA

The only thing you may have to pay for are personal expenditure e.g. drinks, optional excursions or shows, insurance of any kind, customary tipping, early check in or late check out and other items not specified on the itinerary.

CLASSIC TOURS:

Venture off the beaten track to explore fascinating destinations away from the tourist trail. You will discover the local culture in depth and see sights rarely witnessed by other travellers. These tours take you away from the comforts of home but will reward you with the experiences of a lifetime. These tours include:

- Walking through classic sites
- Unique cultural experiences and encounters
- Off the beaten track destinations
- More evenings at leisure for independent exploration

PHYSICAL LEVEL 2:

All our tours feature a physical rating to help you select the right holiday for you. To travel on any of our tours requires unaided mobility and the ability to stroll around the sights.

'Thailand and Laos Adventure' is rated as a physical level 2 tour. A reasonable level of fitness is required, but it's more about spending time on your feet rather than covering large distances. You'll be getting on and off coaches, walking around the sights and climbing some steps.

- There will be sightseeing on foot for both short and extended periods of time
- You will be required to get on and off small boats without assistance

Of course, our National Escorts and local guides will always endeavour to provide the highest level of service and assistance; however, they cannot be expected to cater for customers who are unfit to complete the itinerary.

JOINING YOUR TOUR:

The tour is 16 days in duration including international flights. Please note, due to flight schedules passengers may depart/arrive on Day 2.

Travellers booked on 'Land Only', the price includes your arrival/departure airport transfers if arriving/departing on the start and conclusion date of your tour. Please advise your international flight times to Reservations.

Join the tour on Day 2 in Bangkok and end the tour on Day 15 in Vientiane Please refer to your final itinerary for more specific meeting instructions pertaining to your departure.

DETAILED ITINERARY

Day 1-2: Bangkok

Meals: D

You will be met at Bangkok airport by your Local Guide or National Escort from Wendy Wu Tours. Together with all other group members who may be arriving at a similar time, you will transfer approximately 1 hour to your hotel and check-in to your room. There is no sightseeing today.

Meeting point at the airport is located at Exit B Gate no.6. Your National Escort/ Local Guide will welcome you there holding a signboard.



Destination Information

Bangkok - Bangkok has been Thailand's dominant city since the 18th century. It was established as the capital after the former capital Ayutthaya was destroyed by the Burmese. The emerging city, which was protected by a wall, was occupied by a large number of stilt houses built to adapt to common seasonal flooding. Up until the Thailand War, Bangkok was still largely undeveloped, until it became a popular place of rest and relaxation for American soldiers, which resulted in a boom of nightclubs, massage parlours and bars. However, in the 80s and 90s, Bangkok underwent rapid modernisation and exploded into the metropolis it is today. Bangkok's dazzling neon signs, charming architecture, Thai cuisine and colourful markets make for an exciting first few days of our tour.

Day 3: Bangkok

Meals: B, L, D

Enjoy a sightseeing tour of the city today. Tour the Grand Palace, Wat Pho and Chinatown. Take a cruise down Chao Phraya River on a longboat to see Pak Khlong Talaat Flower Market and take in an alternative view of the city. This evening, enjoy a performance of traditional Thai dancing before dinner.

Sightseeing involves around 5 hours on foot today and involves hopping on and off the boats, sometimes on unsteady or slippery surfaces, occasionally without handrails or assistance



Destination Information

Wat Pho - One of Bangkok's largest temples. Experience the monk's chant as you explore the grounds of Wat Pho, spread over eight hectares. The largest reclining Buddha and the largest collection of Buddha images in Thailand are housed here.

Grand Palace - The Grand Palace is the city's most famous landmark. Built in 1782, for 150 years it was the home to the Thai King, the royal court and administrative seat of government. Within the Palace are several impressive buildings, including the Temple of the Emerald Buddha.

Pak Khlong Talaat Flower Market - The biggest wholesale and retail fresh flower market in Bangkok

Day 4: Bangkok – Chiang Mai

Meals: B, L, D

Explore the Maeklong Railway Market, an extraordinary market that makes its home right on the tracks. Drive to Damnoen Saduak Floating Market, where you will travel by wooden boats through the canals.

Return to Bangkok ahead of this evening's 1-hour flight to Chiang Mai.



Destination Information

Maeklong Railway Market – As the train rolls slowly through eight times a day, inches away from the goods for sale, this market makes for an unusual spectacle and an interesting place to walk and shop on the tracks.

Damnoen Saduak Floating Market - Step back in time to experience the traditional way farmers would trade their produce. The canals are lined with boats that are paddled by local women and piled high with vegetables, fruit and even souvenirs for the tourists. Sit back and soak up the atmosphere as the locals go about their daily life and entertain with their haggling techniques.

Chiang Mai - Located among tall mountains, Chiang Mai is the largest and most culturally significant city in northern Thailand. The city was founded in 1296 and was the capital of the Lanna Kingdom, which was eventually occupied by the Burmese. For the next 200 years, Chiang Mai was virtually abandoned until it was again taken over by Siam in the 18th century. During the 20th century, Chiang Mai became a thriving centre for handicraft pottery, weaving, silverwork and woodcarving; however, tourism took over in the 1960s as the main source of income. Today, Chiang Mai is famous for its hilltribes, tea plantations and elephants.

Day 5: Chiang Mai

Meals: B, L, D

Begin with a cyclo tour of the city, taking in the sights before stopping to visit the Folk Life Museum, Wat Chedi Luang and Wat Prah Singh. After lunch, visit Wat Doi Suthep, one of Thailand's most sacred temples. Tucked away in the mountains at 1,056 metres above sea level, it offers a panoramic view of Chiang Mai. You will have the option to climb the Naga staircase or catch the cable car to visit the exquisite Golden Pagoda.



This evening we will enjoy a typical Thai (Khantoke) dinner while watching a performance of ancient dances and songs from northern Thailand by various hill tribes. Afterwards we will have an opportunity to visit the colourful Chiang Mai Night Market.

Destination Information**XXX – xxx**

Folk Life Museum – The museum recreates traditional Lanna village life inside a former Thai Colonial-style provincial court.

Day 6: Chiang Mai – Hmong Hilltribe Lodge

Meals: B, L, D

This morning, visit the local yoga centre, and enjoy a meditation session. Later this morning journey into the hills surrounding Chiang Mai. Transfer approximately 1 and a half hours hour by minivan, crossing the countryside, passing forests, farms and villages reaching the village where you will spend the night in a traditional Hmong Hilltribe Lodge.



The Hmong Hilltribe Lodge is made up of ten individual houses, each comprising of four separate rooms with private bathrooms, arranged around a central communal area. The afternoon is at leisure. Optional activities this afternoon include a short hike to the village, hire a bike, have a massage or relax by the pool. You also have the chance to join in a meditation or yoga session (depending on availability). This evening, enjoy a barbecue and a cultural show.

Destination Information

Hilltribes - Northern Thailand is home to various tribal people who migrated from China and Tibet over the past few centuries. They now inhabit the remote border areas between northern Thailand, Laos and Myanmar (Burma). The six major hill tribes within Thailand are the Akha, Lahu, Karen, Hmong, Mien and Lisu, each with a distinct language and culture.

Day 7: Hmong Hilltribe Lodge – Chiang Rai

Meals: B, L, D

Visit the Thai Elephant Care Centre in Mae Rim this morning. The centre is located in the beautiful Mesa valley and is the peaceful retirement for elephants rescued from logging camps and elephant shows. Meet one of their caretakers, who will guide you through the centre, explaining about the centre and its inhabitants.



Continue 90 minutes to Tha Ton, a small town by the Mae Kok River, and board your long tail motorboat for your cruise to Baan Pha Tai. Upon arrival, drive a further 2 hours to Chiang Rai and take a walk around the night market.

Destination Information

Thai Elephant Care Centre – a care centre dedicated to looking after elderly elephants in their final stage of life. Elephant rides are not permitted.

Chiang Rai – The northern-most province of Thailand sharing borders with Myanmar and Laos, and also one of the most ethnically diverse provinces in Thailand. The province is abundant with natural scenery; lush rice terraces, hills scattered with orchids and the mountains of Myanmar and Laos are visible in the distance.

Day 8: Chiang Rai

Meals: B, L, D

Today, peek into some of the hidden artistic gems of Chiang Rai with a visit to Wat Rong Kun, also known as the White Temple, where you will see some surprising imagery.



After lunch, visit a tea plantation on Doi Mae Salong to taste the local tea.

Destination Information

White Temple - One of the most recognisable temples in Thailand, the unorthodox White Temple is a contemporary Buddhist and Hindu temple, an ongoing project by Thai artist Chalermchai Kositpipat in 1997. Inside, you will see a surprising fusion of imagery depicting the 'wickedness of mankind', with images ranging from nuclear warfare to fictional characters such as Freddy Krueger, all interspersed with the faces of fiery demons.

Mae Salong - Once known as a centre for opium trade in the golden triangle, Mae Salong is now associated with tribal villages and the production of excellent local tea.

Day 9: Chiang Rai - Pakbeng

Meals: B, L, D

Rise early to reach the border into Laos and join your Mekong cruise to Pakbeng. The boat is a local wooden slow boat, with a roof and toilet. You will be travelling for approximately 6 to 7 hours today, depending on the water level and will be served lunch on board your cruise. Stop along the way to observe rural life, visiting Ban Houy Lumpair Hmong village. Arrive in Pakbeng and check in to your hotel.



You will need to pack a smaller overnight bag for your trip to Pakbeng. Main luggage will be left in safe storage on the boat and picked up on arrival in Luang Prabang.

Destination Information

Pakbeng – A traditional village on the Mekong River, Pakbeng is the first stop in Laos for travellers crossing the border by slow boat.

Day 10: Pakbeng – Luang Prabang

Meals: B, L, D

After breakfast, board the boat for the second leg of the cruise. Continue to Pak Ou village at the mouth of the Nam Ou River, where you visit the Pak Ou Caves of a Thousand Buddhas. Arrive in Luang Prabang and check in to your hotel.

**Destination Information**

Pak Ou Caves - The caves are noted for their miniature Buddha sculptures. Hundreds of very small and mostly damaged wooden Buddhist figures are laid out over the wall shelves. They take many different positions, including meditation, teaching, peace, rain, and reclining (nirvana).

Luang Prabang - The capital of the province of the same name, Luang Prabang lies in a valley at the confluence of the Mekong and Nam Khan rivers. It is known for its many Buddhist temples, including the gilded Wat Xieng Thong, dating to the 16th century, and Wat Mai, once the residence of the head of Laotian Buddhism.

Day 11: Luang Prabang

Meals: B, L, D

Visit Ban Xangkong Craft Village, where you can see Sa Paper and local handcraft production. Later visit the monastery of Wat Xieng Thong, one the finest examples of Luang Prabang architecture, and Wat Visoun.

We spend some time talking with local monks and young people at a local temple and hearing about their lifestyle.

**Destination Information**

Wat Xieng Thong - A Buddhist temple (wat), located on the northern tip of the peninsula of Luang Prabang, Laos. Wat Xieng Thong is one of the most important of Lao monasteries and remains a significant monument to the spirit of religion, royalty and traditional art. There are over twenty structures on the grounds, including a sim, shrines, pavilions and residences, in addition to its gardens of various flowers, ornamental shrubs and trees.

Day 12: Luang Prabang

Meals: B, L, D

Rise early this morning to see the Buddhist ceremony of Takbat or alms-giving. Continue to the Phousi Temple and the National Museum. From here, drive 1 hour to Kuang Si Waterfall, visiting a local market en route. At the falls, enjoy the opportunity to swim, splash or simply relax beside the pools. Return to Luang Prabang, stopping at Ock Pop Tok Weaving Centre en route.



Sightseeing at the waterfall will involve around 1 hour of light walking, and on the way up to the waterfall you follow a bush walking track, which has a slight upward gradient. Electric car transfers may be available. There are changing areas at the site.

Destination Information

Kuang Si Waterfalls - A three-tier waterfall about 29 kilometres south of Luang Prabang. The falls begin in shallow pools atop a steep hillside. These lead to the main fall with a 60 metres cascade. The falls are accessed via a trail to a left of the falls. Water collects in numerous turquoise blue pools as it flows downstream. The many cascades that result are typical of travertine waterfalls. There are walkways and bridges for your enjoyment. Most of the pools are usually open for swimming.

Day 13: Luang Prabang - Vientiane

Meals: B, L, D

Enjoy a day at leisure until your 45 minute flight to Vientiane. On arrival, check in to your hotel. Laos' laid-back capital, mixes French colonial architecture with golden Buddhist. Notable shrines sit along Vientiane's tree-lined streets, and its many bakeries, cafés and villas seem straight out of 19th-century Paris.

Day 14: Vientiane

Meals: B, L, D

This morning visit Talaat Sao, Vientiane's Morning Market. Then continue to Wat Sisaket, the oldest original temple in Vientiane. Head out of town to visit one of Laos' slightly stranger attractions - Xieng Khuan Buddha Park. It is the site of a large collection of many kinds of Buddhist and Hindu sculptures.



En route, take a look at the impressive Thai-Laos Friendship Bridge which spans the Mekong river border. This evening, enjoy a farewell dinner with some traditional Lao music.

Destination Information

Wat Si Saket - Wat Si Saket was built in 1818, on the orders of King Anouvong (Sethathirath V.) It is built in the 'Siamese style' of Buddhist architecture, with a surrounding terrace and an ornate five-tiered roof, rather than in the Lao style. This Siamese style may have kept it safe, since the armies of Siam that sacked Vientiane following Anouvong's rebellion in 1827 used the compound as their headquarters and lodging place. It may be the oldest temple still standing in Vientiane.

Day 15 - 16: Depart Vientiane

Meals: B

Any time before your flight is free at your leisure before being transferred to the airport for your onward flight.

THAILAND AND LAOS TRAVEL INFORMATION

VISAS:

Thailand – New Zealand passport holders do not need a visa for Thailand if they are travelling for less than 30 days for tourist purposes.

Laos - Entry visas are required by all visitors to Laos Wendy Wu Tours Visa Department can assist you with the process of obtaining a visa. Please be advised that your passport must have at least six months validity left on it when you arrive back into New Zealand.

Please note the visa procedures and requirements may change at any time. These changes are often made by the relevant embassy or consulate, Wendy Wu Tours acts as a third party and has no influence on the process of a visa.

Currently a visa is required for New Zealand Passport holders. Your travel consultant will inform you if any changes are applicable prior to your departure.

INSURANCE:

We strongly recommend that you take out a policy as soon as you pay your deposit. Wendy Wu Tours cannot in any way be made liable for any additional cost incurred by the customer on any tour due to the customer not having adequate travel insurance.

We also encourage all customers to take a copy of their travel insurance documents (especially relevant international contact numbers) with them while on tour. We advise that you check the inclusions and procedures for lodging claims prior to your departure. These documents should be stored separately from the original.

EATING IN SOUTHEAST ASIA:

Southeast Asia is home to an incredibly rich food history. The local cuisine is known for its intense flavours, spices and some of the freshest ingredients you can find. In general, meals include either rice or noodles and are packed full of flavour. Lemongrass, ginger, lime leaves, coriander, fish sauce and soy sauce are used in most local dishes. Whilst Southeast Asian food has a reputation for being hot and spicy, each region actually has its own distinct characteristics.

Your itinerary has been carefully crafted to introduce you to a range of local dishes and we hope that you enjoy the culinary adventure ahead. All meals (excluding drinks) are included in our fully inclusive group tours from dinner on the day of your groups' arrival until breakfast on your day of departure. When dining in Southeast Asia, although some restaurants have adopted a western approach to dining, expect some restaurants to follow the traditional communal style of eating. Typically, this will mean each diner has their own small bowl and may serve themselves from a variety of shared dishes.

At some local restaurants, appetizers and main courses might be served when they are ready instead of following a particular order.

Determining when it's appropriate to use chopsticks, forks or spoons can be challenging for some travellers, even other Asians, as each country has different customs. In Thailand and some other countries in Southeast Asia, fork and spoon are used for most dishes and chopsticks are typically provided to eat noodles. Usually, chopsticks or other utensils are provided to scoop the food into your bowl to prevent your own chopsticks from touching the food that remains on the table. Dining in Southeast Asia is fairly casual with not too many rules. Leaving food on the plate is not considered rude.

**PLEASE INFORM US OF ANY ALLERGIES AND/OR SPECIAL DIETARY REQUIREMENTS
AT TIME OF BOOKING**

DEVELOPMENT IN SOUTHEAST ASIA:

Although Southeast Asia is developing quickly, it still lacks the international standards of civil infrastructure and tourist facilities. Concepts of personal responsibility are also different to those in New Zealand. Consequently, tourist and public facilities may not uphold the same safety standards as in New Zealand; for example, you may see a hole in the road without a warning sign or safety barricade. All of our suppliers meet local safety standards as a minimum. We want you to have an enjoyable holiday, so we ask that you take extra care, use your common sense, refer to notices and follow advice from your National Escort or Local Guides.

TIPPING POLICY:

Local tipping is customary in Asia. However, this can often lead to awkwardness in knowing when it is appropriate to tip and how much, as well as ensuring you have a suitable amount of change available at the time. For your convenience, with years of experiences in providing the best customer service, Wendy Wu Tours operates a kitty system on our Group Tours so your National Escort will look after this aspect of your trip for you. It also ensures that the amounts paid are reasonable for you but still fair for the local people. The amount is stated on each Group Tour page will be advised again on your final documentation. Tipping is in US Dollars and will be collected by your National Escort on arrival and distributed throughout the tour on your behalf. Any additional tipping on any of our tours is welcomed at your discretion. Further guidance for tipping contributions will be outlined in your final documentation.

We generally find that most customers appreciate the convenience of our tipping policy, but we do recognize that it may not suit everyone. However, as this is a group tour, we ask that everyone follows the same protocol to be fair to other group members and to ensure smooth operation of your tour.

LUGGAGE:

All travellers are limited to two items of luggage each; a suitcase with a maximum weight of 20kg and one piece of hand luggage with a maximum weight of five kilograms. It is essential that your luggage is lockable.

ACCOMMODATION:

Your accommodation is selected for convenience of location, comfort or character, and can range from a business hotel in one city to a family run guesthouse in a smaller town. In more remote areas, accommodation may be of a lower standard and may not have all western amenities. Hotels are generally rated as local three to four-star standard, but please note that there is no international classification system for hotels and differences in facilities and quality do exist between New Zealand and Southeast Asia.

All group tour hotels have private western bathroom facilities, air conditioning, TV and telephone. Plumbing and electricity supplies can be erratic and quite often the power in hotel rooms is turned off while guests are out of the room. If you experience any difficulty, please speak to your National Escort/Local Guide. Rest assure that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our partners to ensure that standards meet your need

EXCHANGING CASH:

It is highly recommended that extra care and attention is paid when exchanging money when travelling outside major cities in Thailand and Laos. US Dollars are easily exchanged throughout Thailand and Laos however other currencies such as New Zealand Dollars can generally be exchanged in hotels and airports provided notes are undamaged. We suggest for your convenience that you ensure your US Dollars are from the new series (2013 onwards) to avoid any difficulties exchanging money during your trip. Old series notes can be difficult to exchange

We suggest exchanging your money before travelling to remote areas and smaller towns, as exchange facilities can be limited. Your National Escort will remind you to do this before departure.

PERSONAL EXPENSES AND OPTIONAL TOURINGS:

Personal Expense - You will need to take some extra money to cover drinks, laundry and souvenirs, plus any additional sightseeing that may be offered to you.

Optional Tours - May be offered in each city you visit during your tour. These are not included in the standard itinerary and will only be available if time permits and if seats are available.

Please ensure you have additional funds available if you feel you may wish to participate in any extra activities. Each option will be arranged locally by your National Escort/Local Guide, participation and tipping for optional excursions is completely at your discretion.

CLIMBING STEPS:

Sightseeing at nearly all of the palaces, fortresses and some temples involves climbing quite a number of steps. These palaces were built to provide defence against potential invaders so nearly all of them stand on top of a hill, while the interiors have layers of narrow hallways and steps to slow down the advance of enemies once they were inside. The steps tend to be quite large, not level and sometimes without handrails. Hindu and Buddhist temples or pagodas also tend to be built at an elevation, as this is the most auspicious position according to ancient beliefs. This means you sometimes need to walk from the bus park to the entrance, and/or need to climb some steps inside.

People with knee or hip injuries, who have poor balance or are otherwise unable to complete these activities independently should consider the suitability of this itinerary carefully.

APPROPRIATE DRESS:

When visiting temples or mosques, both men and women should dress in conservative, non-revealing clothing. Full-length trousers with a shirt or t-shirt for men; and pants or skirts well below the knee with a top that covers the shoulders and upper arms for women. Women might also consider carrying a 'modesty shawl' in their daypack – this could be a sarong or light scarf – which they can wear over their shoulders and heads to feel more comfortable while sightseeing at mosques.

Religious sites and homes throughout Southeast Asia – for Hindus, Muslims or Buddhists to name a few – require all visitors to remove their shoes to enter. Even if you then need to walk outdoors, over hot or rough ground, you will not be allowed to wear shoes. You will often find shoe storage rooms near the entrance of a site where it is customary to leave your shoes near the entrance. Occasionally there are 'shoe minders' who will offer to keep your shoes safe for a 'tip' – this is not compulsory, so each customer can choose to tip for this service or not. If you do not want to remove your shoes, you will have to remain outside.

We recommend shoes that easily slip on and off and carry a pair of thick socks in your daypack, which you can wear to protect your feet from any rough or hot surfaces. The following itinerary will indicate when you need to consider this.

TRANSPORT:

Coaches: Coaches with air conditioning are used on our group tours for city sightseeing, short excursions to the countryside and longer transfers where necessary. However, minibuses may be used for smaller groups (under 10 passengers).

Roads in Southeast Asia have generally improved over recent years, but traffic and/or weather conditions may extend driving times. Road construction work usually covers an enormous section of road - not just one or two kilometres as you may be used to. For this reason, the timings listed in the itinerary are approximations only.

Seatbelts: Please note that seatbelts are not compulsory by law in Southeast Asia and therefore the local people largely choose not to wear them. For this reason, some vehicles may not be fitted with seatbelts or they may be hidden underneath protective seat covers. It is recommended that where seatbelts are available customers must use them and remain seated at all times while the vehicle is moving. If you have any concerns, please notify your National Escort/Local Guides.

Air: Internal flights are based on economy class, with reputable airlines. Pre-flight seat allocation is not available on internal flight sectors.

VACCINATIONS AND YOUR HEALTH:

We recommend that you contact either your doctor or local Health Centre for advice on vaccinations and travel health. Safe Travel has a comprehensive website that you may also find useful www.safetravel.govt.nz

BEFORE YOU LEAVE:

We strongly recommend registering your travel plans with www.safetravel.govt.nz as in the event of an emergency, New Zealand Consular assistance will be more readily available.

Up until the day you travel, it is vital you keep up to date and familiarised with the entry requirements as these can change at short notice. You are personally responsible for completing any entry forms, conducting any covid tests (if necessary), etc and adhering to countries' specific entry requirements.

You can also access the New Zealand Government's travel advisory service for up-to-date information about your destination on the same website.

AFTER YOUR BOOKING:

Once you have booked with Wendy Wu Tours, you will receive a confirmation along with a link to our website where you can find your visa information (if applicable) and other important information. Your final documentation pack will be sent to you approximately 2-3 weeks prior to departure.

ITINERARY CHANGES:

It is our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate; in these circumstances we will make the best possible arrangements whilst maintaining the integrity of your trip.

Updated: Jun 2023