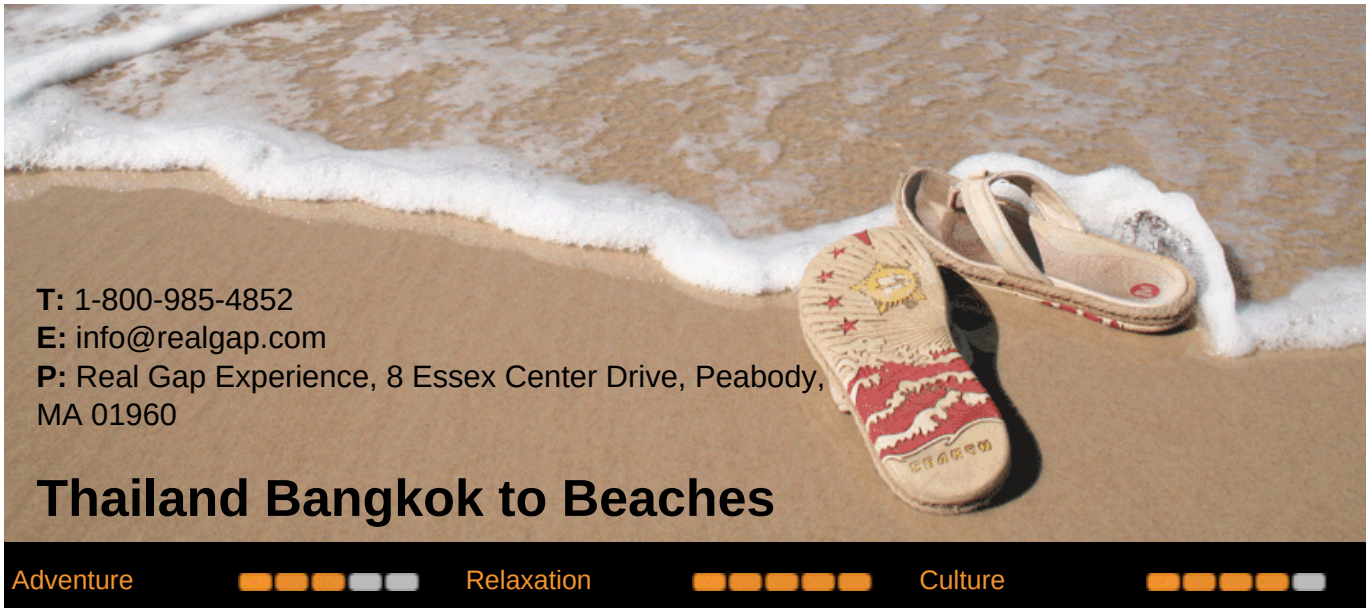


T: 1-800-985-4852
E: info@realgap.com
P: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Thailand Bangkok to Beaches

Adventure Relaxation Culture

Trip Name: Thailand Bangkok to Beaches **Trip Code:** THIN **Duration:** From 10 days

Trip Highlights

Watch our new Bangkok to Beaches video here

- Explore the backpacking capital of Thailand - Khao San Road
- Find a bargain in the bustling night markets of Cha Am
- Trek the soaring mountains of Sam Roi Yot National Park
- Snorkel in the clear waters off the sandy coastline of Koh Tao
- Relax on some of the most stunning beaches in the world

Overview

Kick-start your backpacking experience by joining our exciting 10 day tour introducing you to the wonders of Thailand. From bustling markets, to secluded tropical islands to ancient temples, you'll get a real taste for this fascinating country.

Starting with the chaos of historic Bangkok, you'll venture to the tranquil island paradise of beautiful Koh Tao, making sure that you visit the highlights of Thailand along the way.

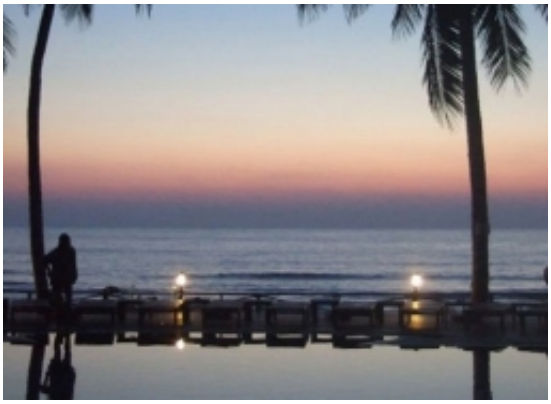
Let our experienced Thai guides make all the arrangements and relax as they lead you from the night markets of Cha Am to the natural splendour of Sam Roi Yot national park. This great trip is the perfect introduction to start your Thailand chapter or a longer trip around Asia.

Read past Real Gapper Hannah's experience on the Bangkok to Beaches trip here...

Destination Info

The Kingdom of Thailand, with a population of 65 million people, is located in the heart of Southeast Asia and shares borders with Cambodia, Laos, Malaysia and Myanmar. It is an area of outstanding natural beauty complemented by impressive architecture, including striking temples. The country is also well known for its appetising food and the people renowned for their friendly manner.

Itinerary



Day One: Arrive in Bangkok

On Saturday you'll be personally met on arrival at Bangkok airport by our friendly co-ordinators. They will take you to your hotel. Depending on when you arrive, you can relax or explore this exciting city. We will arrange a welcome dinner on Tuesday evening. This is a great opportunity to have fun, make friends with your fellow travellers and get to know the co-ordinators.

Overnight in Bangkok.

Day Two: Tour of Bangkok

Meet the staff at the hotel lobby at around 9am for a welcome chat and brief introduction of your experience. This is a great opportunity to meet fellow travelers and get those questions answered by our team. Once the talk has finished we will walk through bustling Bangkok to our first stop on the tour - the Grand Palace.

The Grand Palace is the most sacred of all landmarks in Thailand, all Thais must visit the Palace at least once in their life to pay respect to their most revered monarch, there is also a saying that you have never truly been to Thailand unless you go within the walls of the Grand Palace, so a great way to start your tour. The Grand Palace is not included in the tour and costs 350 baht. If you do not wish to go into the Palace there is a small market nearby selling all kinds of souvenirs and street food. After the Grand Palace you will stop for lunch for an hour or so before setting off towards Wat Arun or The Temple of Dawn which is a quick stop over the Chao Phraya river. This temple offers great views of the city – at a price, as the view requires a slight climb up some ancient steps!

Crossing the river again, a short 5 minute walk will bring you to Wat Po or The Reclining Buddha. Here you can walk around the statue and partake in some of the rituals which are said to bring you lots of good luck. You will then head back towards Khao San Road and your hotel, to either rest or go shopping in and around the Khao San area where almost anything is sold and at very reasonable prices - just remember to meet your team around 8pm for your welcome meal and continued merry making within Khao Sans' infamous night scene.

Overnight in Bangkok, breakfast included.

Day Three: Cha Am

At around 10am you will leave your Bangkok hotel and make the two hour journey south to Cha Am, a resort boasting Thailand's longest white sand beach, in Phetchaburi province. Here you will have the afternoon free to chill out on the beach.

In the evening your co-ordinator will take you to Cha Am's busy night market which sells everything from noodles to puppies. The market begins to wind down just before midnight but many of the stalls selling food and drinks often stay open until dawn.

Overnight in Cha Am.

Day Four: Sam Roi Yot

Get ready for a packed day's activity in Khao Sam Roi Yot or "The Mountain of Three Hundred Peaks" - a coastal national park around 60km South of Cha Am. The park is home to over 300 species of birds as well as the rare Serow, a goat/antelope like mammal that can sometimes be seen near the park headquarters.

The day will begin with a trek through the forests and caves that surround the Limestone Mountains rising from the Gulf of Thailand. You will also visit the mangrove forests and take a boat trip to view the mountains from the sea, and perhaps even see some of the dolphins that live in the waters of the park.

Overnight in Cha Am.

Day Five: Travel to Koh Tao

Expect an early start as the coach for Chumphon, from where the ferry leaves for Ko Tao, leaves at 8am. You should arrive in Koh Tao at around 2pm.

Koh Tao translates as “Turtle Island” and is situated between Suratthani and Chumpon in the Gulf of Thailand. Serving first as a stopping point for fishermen and later as a prison, the island did not begin to develop as a tourist destination until the 1980s and remains less developed than islands such as Koh Samui and Phuket.

You will be staying on Sairee Beach, a 1.7km long stretch of soft white sand and shallow turquoise water.

Overnight on Sairee Beach, Koh Tao.

Day Six: Island Tour

Today you will take a boat ride around Koh Tao with frequent stops for snorkelling in the clear waters. The Tour ends on the tranquil Koh Nangyaun, three tiny islands connected only by a strip of sand.

Overnight on Sairee Beach, Koh Tao.

Days Seven to Nine: Koh Tao

No activities are scheduled for these days so you have the freedom to enjoy the tropical island in your own way. Your coordinator will be able to advise you what to do in your free time.

Snorkelling is a favourite activity for many visitors to Koh Tao and, if you didn't have enough of it on your boat trip, fins, snorkels and masks are readily available for hire all over the island and coast at a cost of around 100 Baht per day. Head East or North to explore the rocky coves and even a shipwreck or two. Visitors between March and May might be lucky enough to catch a rare glimpse of a visiting 40ft Whale Shark, but if not, the coral and tropical fish more than make up for it. If you want a more adventurous underwater experience many companies offer diving trips for beginners. Onshore there are numerous activities, such as yoga and hiking, open to visitors.

Two nights on Sairee Beach, Koh Tao.

Day Ten: Tour Ends
Some may choose to stay on Koh Tao, travel on to other parts of Thailand or further afield while others will be heading back to Bangkok and home. Whatever your travel plans our local coordinator will be happy to advise you.

Please note: The trip finishes on Koh Tao and therefore any arrangements after this are at your own cost.

Accommodation

Accommodation will vary during your programme as you will be staying in several different locations. In Bangkok your hotel room will be twin share with air conditioning and breakfast included on Khao San Road. Throughout the rest of the trip hotel rooms will be twin share and equipped with a fan.

You will share a room with a member of the group of the same sex. Depending on group dynamics, there may be occasions where you will share a triple room. Please remember to inform us if you want to share a room with your friend or partner, so we can make sure you stay together throughout your trip.

Programme Services and Facilities

Your accommodation will generally be around 10-20 minutes (either walking or by tuk tuk) from a town which has all the amenities you could need such as Internet, shops, hospital, pharmacy, banks and restaurants. You will not have easy access to any of these during any camping or trekking activities. You should inform friends and family at home that there may be a few days at a time where you are unable to get to a telephone or internet café.

Internet

There are Internet terminals in most towns and cities you will visit. They are very cheap at around 30B per hour.

Telephone

The international telephone access code for Thailand is +66. To place an outgoing, direct-dialled international call, dial +44 for the UK followed by the telephone number. For example to call our office dial +44 1892 516164.

A good option is to buy a phone card for 300B, these can be used from landlines and are a cheap way to make calls. Alternatively, if you are taking your mobile there will be signal in most major towns and cities but this may be limited in more rural areas. You will be able to buy a Thai SIM card for your mobile in Bangkok for about £5 / 6€ / $7. Please make sure you check with your phone provider that your handset is unlocked and also that you check the cost of your tariff if you choose to stick with your phone provider - calls from abroad can become very expensive.

Remember to bring your mobile phone charger and an adaptor! Also remember that signal may be very limited when in the mountains and remote areas.

Finally, don’t forget to contact your family once you are in Thailand, to let them know you have arrived safely!

Laundry

There are no washing machines at the accommodation. You can pay to get your clothes washed for you (very efficient and cheap) or you can hand wash your clothes. We recommend that you bring some travel wash with you either way.

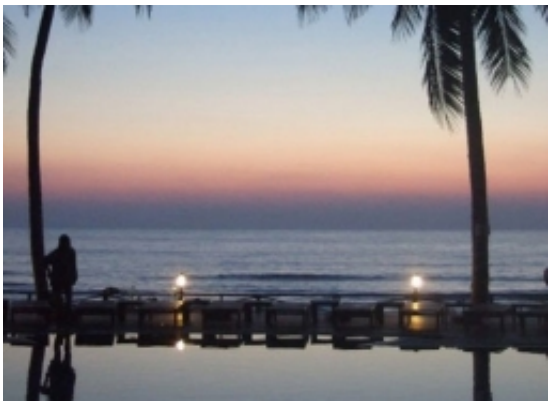
Electricity

There will be plug sockets at your accommodation in resorts.

Meals

Breakfasts are generally not included but can be purchased for as little as 50p. Most lunches and dinners are not included to allow you to enjoy eating out in local restaurants and bars and the opportunity to sample the local cuisine. Eating out is very cheap in Thailand, and can cost as little as 25 pence though an average meal may set you back between £1- £1.50.

What's Included



- Airport pick-up
- Accommodation
- Bangkok tour
- Transport to Cha Am
- Trip to Cha Am night market
- Sam Roi Yot tour
- Transport to Koh Tao
- Koh Tao tour

What's Not Included

- Tourist visa
- Travel insurance
- Flights
- Meals
- Grand Palace entrance fee (350 baht)
- Onward transport from Koh Tao

What to Pack

Please note that the kit list is intended to help you plan what you may need to take with you and therefore you may not need all the listed items on your travels nor is it exhaustive. In addition it is worth noting that you can buy lots of items from the list in Thailand and at a very cheap price and there will be opportunities for you to shop in local markets and towns.

Also, please be aware that the weather can change considerably from winter to summer and you should pack according to when you are travelling to ensure that you have the appropriate clothing.

Personal Admin

- Passport, insurance certificates and personal documentation
- Photocopies of all the above to be left at home with your next of kin
- Spending money

- Proof of inoculations (please speak to your doctor about necessary immunisations)
- Secure, waterproof bag for documents and money: sealable plastic bags will do

General

- Personal hygiene kit, toiletries and towel
- Sunglasses (high UV protection)
- Sun cream (high factor needed)
- Small torch (head torch is preferable)
- Padlock (needed for locker in Bangkok)
- Diary and writing pens
- Camera/batteries/film or memory card
- Water bottle – at least 75cl
- Day pack/rucksack for everyday use
- Mobile phone – set for roaming
- MP3 player and headphones/speakers
- Adaptor plug
- Alarm clock/watch
- Sewing kit and pocket knife for general use
- Travel wash for clothes (biodegradable recommended)
- Travel Guide, such as Lonely Planet or Rough Guide
- Books, cards, board games etc for your free time

Clothing

- Sets of outdoor loose fitting cotton clothes with full arm and leg cover for cooler mornings and evenings
- Long sleeve tops/ trousers if trekking
- Trainers
- Casual clothes for the weekends
- Flip flops / sandals
- Rubber soled grip shoes suitable for waterfall trekking
- Swimwear
- Sun hat / Bandana
- Underwear – enough for at least 7 days, possibly more
- Pyjamas/nightwear
- Lightweight fleece or jumper
- Waterproof jacket

Medical Kit

- Hand sanitiser and wet wipes
- Anti-malarial tablets
- Personal First Aid Kit
- Personal medication e.g. prescription drugs/inhalers
- Painkillers
- Contact lenses and solution if necessary
- Plasters
- Lip Balm with SPF
- Tweezers (not in hand luggage!)
- Scissors (not in hand luggage!)
- Sanitary products for women if necessary
- Mosquito repellent (ensure it contains DEET or equivalent)
- Ear Plugs – in case you sleep next to a snorer!

Minimum Age
18 years

Minimum Numbers
This trip requires minimum numbers to operate.

Flights
Your flight to Thailand should arrive at Bangkok Suvarnabhumi Airport (BKK) on your programme start date. Your return flight or onward travel should be arranged for after your programme end date as you will finish the trip on Koh Tao which does not have an airport.

To receive the included transfer from Bangkok airport to your accommodation your flight will need to arrive between 6am and 10pm on the programme start date.

To book your flights, please contact your travel advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

It is important that once you have booked your flights you add these details to your online account or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

Please note: This programme requires a minimum of 4 participants to run. Please contact us to confirm whether the minimum numbers have been met for your start date, we recommend that you do not book your flights until we have confirmed these numbers and the programme will be running.

FAQs
1. **What is the average age of people on this trip?**
   The average age is usually between 18-30 years old.

2. **How much spending money would you recommend I take?**
   We generally recommend that you take around £80-£100 per week.

3. **What visa do I need?**
   When entering Thailand you will automatically receive a 30-day tourist visa. If you intend to stay longer than 30 days, you need to get the 60-day or 90 day visa before you go directly through the Thai Embassy.

4. **Is Thailand safe?**
   Absolutely, and you have co-ordinators with you at all times to ensure your safety.

5. **When is the best time to go?**
   Thailand is beautiful all year round!

6. **Do I need to take a sleeping bag?**
   All bedding is provided but if you wanted to take one as well then you can.

7. **Do I need to take a mosquito net?**
   This is up to you, they aren't provided but if you take care of the room and close the windows etc then you shouldn't need to take a net with you.

8. **Will there be a safe/safety deposit box available?**
   Yes, there will be somewhere for you to keep your valuables.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

You will be assigned a personal travel advisor who will co-ordinate your program with you. Feel free to contact them at any time before you go, or when you are on your travels. They will provide you with competent assistance and help with any questions or advice you may need during your stay.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

The unit of currency in Thailand is the Baht (THB; symbol). There are 100 Satang to the Baht and coins come in denominations of 1, 5, 10, 25 and 50 Satang or 1, 2, 5 and 10B. Paper bills come in 20B (green), 50B (blue), 100B (red), 500B (purple) and 1000B (beige).

US Dollars are the other most widely accepted currency and credit cards can be used for a fee in most large cities or at resort hotels but are not often accepted by small locally run businesses. ATMs are found in all major cities and almost all provincial banks.
Meal, Inexpensive Restaurant around $3
Domestic beer (from a local store) $2
Domestic beer (at a restaurant) $3
Coke/Pepsi (0.33 litre bottle) $0.53
Water (1.5 litre bottle) $0.5

(Prices quoted in US Dollar)

Passports and Visas

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Citizens of the UK, the USA, Ireland, Australia, South Africa, New Zealand and most European countries do not require a visa for stays of less than 30 days. For stays of between 31 and 60 days you can obtain a 60-day tourist visa for a fee from a Thai embassy or consulate before you travel. For stays of up to 90 days, you can extend the 60-day visa for a further 30 days while you are in the country, for a fee.

Visa courier service

For those of you who would prefer to use a specialist visa service to help you obtain the right visa for your travels, we have teamed up with VisaCentral, to offer you specialist assistance and advice - making preparations for your trip easier and more straight forward.

Click on VisaCentral to find out more about their services and prices.

Non-UK passport holders

If you are not a UK passport holder, you should contact your nearest Embassy, High Commission, Consulate for the country that you are travelling to in order to obtain the relevant visa for your time away.

Cultural Considerations

Whilst parts of Thailand are developing very quickly and Bangkok can feel more modern than many Western cities, much of the country is still very poor and people have challenging lives. The accommodation you will be staying in is very basic and you will not have the luxuries that you may have in this country. Please respect that this is the way locals live and take the opportunity to experience this new way of life. The friendly people, the great atmosphere and beautiful location will more than make up for this. Most travellers enjoy this change in lifestyle. It is very healthy, refreshing and opens your mind to a new world.

Religion

Religion is an important part of Thai day-to-day life and the main religion is Buddhism. Around 4% of the country are Muslim (largely concentrated in the far south of the country) and there is a small Christian population.

Clothing

Note to all regarding clothes: Thailand is a very conservative country and, away from the beaches, people generally

like to dress as smartly as possible and, even in rural areas you will see that most people are very conscious of being in clean and conservative clothes. Although no-one expects you to wear a suit and tie, and when at your project old t-shirts and shorts/jeans are totally appropriate, please do remember to cover up and try not to show too much flesh.

Boys – please note that wandering around without wearing a shirt/t-shirt is frowned upon (away from the beach) and in urban areas can draw the attention of the police.

Girls – please try not to expose too much flesh. Try to avoid t-shirts that expose too much and don't wear short shorts.

NOTE: When visiting a temple you are expected to cover up. Wear trousers or skirts and cover your shoulders, midriff and back.

There are plenty of opportunities to sunbathe and swim whilst in Thailand, so remember to take your bikini, swimsuit, swimming shorts etc. Flip-flops are the easiest and coolest footwear to take with you. Whenever you enter houses, temples, or home stays you will need to remove your shoes and leave them at the door. This will soon become habit and you won't even realise you are doing it. Remember to take some trainers with you as well for the outdoor activities.

There are many opportunities to buy cheap clothes from markets. These are cool, cheap and ideal for the climate and social norms.

Smoking, Alcohol and Drugs

Smoking and drinking is acceptable in Thailand and readily available. However, please respect other people. Smoking is not permissible in volunteer apartments or the host families' homes. Drinking is only permissible in moderation and must not impact upon any volunteer work you undertake. While we want you to have fun in your free time, antisocial behaviour will not be tolerated.

It is absolutely forbidden to carry drugs into Thailand. Being caught in possession of drugs can lead to at least a prison sentence and a hefty fine if you are lucky but remember there is still a very real threat of the death penalty for carrying drugs in Thailand. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs.

Bathroom Facilities

You will experience a range of different shower and toilet facilities. Unless you are staying in a hotel you will rarely have hot water. The cool water takes a little getting used to but we are sure you'll find it refreshing after a hot and humid day. Toilets will be a combination of western and Asian. Remember to put all toilet tissue in the bin provided and not in the toilet.

You'll find that many places don't have soap or toilet/tissue paper in the bathrooms. Without going into too much detail, that's what the water can be used for (as well as flushing) or often a small water spray pipe next to the toilet. It can be useful to carry a small bottle of antibacterial gel for washing hands and small packets of tissues.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or

anti-malarial tablets and advising you on what precautions you should take.

Safety

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your day sack without your permission.
- Always walk around in groups, never go off with strangers and people that you have only just met
- Never go out alone after dark
- Stick with the escorted trips. If you do go out in the evening unescorted, you do so at your own risk. Please tell the co-ordinator or your home-stay family where you are going, what time you will be back and ensure you sign the release from.
- Please do not get into fights, or arguments with local Thais. We cannot guarantee your safety and it could provoke future attacks on other travellers
- As in this country there have been reports of drinks being spiked on the islands. Please do not leave your drinks unattended and do not accept drinks from strangers.
- Most importantly of all, if you wouldn't do whilst your at home, then don't do it whilst you are away!

This information is not intended to scare you. Unfortunately, bad things can happen, as they can do in any country and we want you to be prepared. We want you to stay safe and have a good time.

We would like to add that the majority of the locals are friendly, warm and hospitable people who love meeting our travellers. Please be friendly, respectful and stay aware and you will have a great time.

We advise that you check your government's advice before travelling abroad. For UK, American and Australian customers please see the relevant links below;

UK: www.fco.gov.uk

USA: www.travel.state.gov
Australia: www.smartraveller.gov.au

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Thailand Terrorist Threat

Thailand is one of the most popular destinations for visitors to Southeast Asia. Most visitors enjoy a trouble-free stay. However, Thailand does have a history of political instability and has experienced a number of military coups since 1932. The political future of the country remains uncertain, though the situation remains stable.

Over the past 3-4 years there have been a number of political demonstrations in Bangkok and some other urban areas. Tensions rise and fall but other than in 2010, most protests are usually peaceful and Thais still go out of their way to be hospitable to visitors. However, it's always advisable to avoid large gatherings and listen to the

advice of the team in country

Language Guide

Here are some useful phrases to remember when you get to Thailand. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

Hello (Male speaker) - *sawatdee krup*
Hello (Female speaker) - *sawatdee kaa*
How are you? - *sabai dee reu*
Thank you - *kop koon*
I can't speak Thai - *phoot Thai mai dai*
I don't understand - *mai kao chai*
Do you understand? - *kao chai mai*
Where is the rest room? - *hong nam yoo tee nai*
How much does this cost? - *nee tao-rai*
What is this? - *nee aria*
Good-bye - *la gon*
Sorry/Excuse me - *kor thoad*
The bill please - *Gep taang*

Food & Drink

It's normal in Thailand to eat rice dishes for breakfast and it is all part of the cultural experience. In fact, rice and noodles are served with all meals. The food is gorgeous, with fresh vegetables tasting far better than they do back home. Vegetarians will be happy, as Tofu is widely available as is plenty of fresh fruit. And meat lovers will also be tantalising their taste buds visiting the many local markets where you can buy chicken satay (marinated kebabs), beef kebabs and other types of meat. It is very cheap too. Remember to let us know before you depart if you have any special dietary requirements.

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Thais who use long weekends to get away from the big city.

Weather

Thailand's equatorial climate remains tropical and warm for most of the year, with the south getting the best of the weather. The monsoon season falls between May and October, bringing warm and humid air and dipping to a minimum of 18ºC. This means that Thailand is a great destination at most times of the year, though the best months are between November and February when temperatures are comfortable and rains have slackened off.

Time

Thailand is 7 hours ahead of GMT.

Electricity

The electricity in Thailand is 220 volts and frequency 50 Hertz. Devices that do not accept this voltage will need to be used with an adapter. Outlets in Thailand generally accept 2 types of plug:

Flat blade plug

or

Two round pins

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of reommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

Phone: 1-800-985-4852
Email: info@realgap.com
Post: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960
Web: www.realgap.com