

San Diego East County Chamber of Commerce presents...

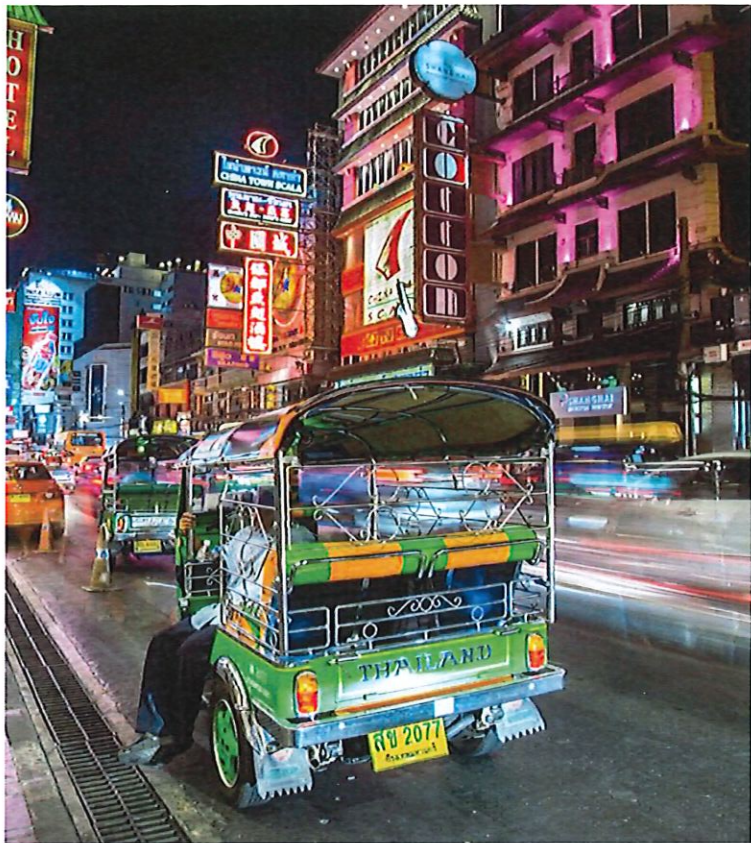
Wonders of Thailand

with Optional 4-Night Singapore Pre Tour Extension

June 27 – July 12, 2024



For more information contact
ECS Travel Coordinator
San Diego East County Chamber of Commerce
(619) 873-0114
et@eastcountyschools.org



Small Group Travel rewards travelers with new perspectives. With just 12-24 passengers, these are the personal adventures that today's cultural explorers dream of.

16 Days • 24 Meals: 14 Breakfasts, 6 Lunches, 4 Dinners

HIGHLIGHTS... Bangkok, Reclining Buddha, Emerald Buddha, Bangkok Street Food, Choice on Tour: Suan Pakkad Palace Museum or Marble Temple, Sukhothai, Chiang Rai, The Golden Triangle, Chiang Mai, Elephant Experience in Chiang Mai, Choice on Tour: Thai Massage or Dinner, Lanna Home Visit, Home-Hosted Meal, Phuket, Tuk Tuk Rides

ITINERARY AT A GLANCE

Day 1	Overnight Flight
Days 2 – 4	Amari Watergate Bangkok, Bangkok
Days 5, 6	Sriwilai Sukhothai Resort & Spa, Sukhothai
Days 7, 8	The Legend Chiang Rai Boutique River Resort & Spa, Chiang Rai
Days 9 – 11	Kantary Hills Chiangmai, Chiang Mai
Days 12 – 14	Cape Panwa Hotel, Phuket, Phuket
Day 15	Kantary House, Bangkok

On some dates alternate hotels may be used.

Day 1: Thursday, June 27, 2024 Overnight Flight Embrace the diversity of Southeast Asia as you explore Thailand on this classic journey featuring lavish temples, cultural discoveries, and its stunning natural beauty. From tropical vistas to gilded palaces and ancient ruins, Thailand offers up a piece of its soul to travelers – and your story starts here.

Day 2: Friday, June 28, 2024 Bangkok, Thailand - Tour Begins Begin your discovery of Thailand in Bangkok, its capital city. Here, vibrant street life is contrasted by a backdrop of ornate shrines and rich history.

Day 3: Saturday, June 29, 2024 Bangkok Begin your journey exploring the winding canals in Bangkok's old town on a private boat trip. On Rattanakosin Island, visit Wat Po, the famous Buddhist temple complex in the Phra Nakhon District and see the world-renowned Reclining Buddha. Enjoy some free time before sitting down with your fellow travelers for a welcome dinner at hotel. (B, D)

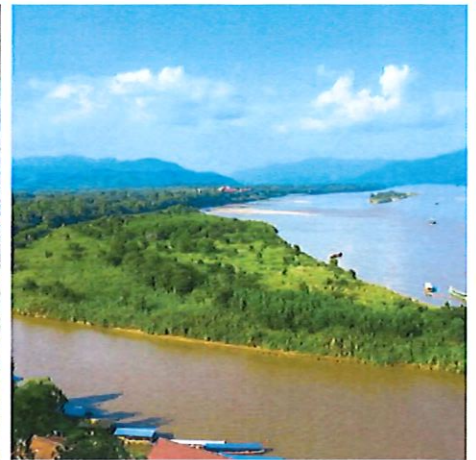
Day 4: Sunday, June 30, 2024 Bangkok Today, experience more of Bangkok's highlights, including a visit to the Wat Phra Kaew; the Emerald Buddha is regarded as the most sacred Buddhist temple in Thailand. Visit the ornately decorated Grand Palace – the official residence of the Kings of Siam since 1782. Enjoy some free time or choose to join an optional tour to the Jim Thompson house and museum, featuring lunch. This evening, a night tour of Bangkok will create memories for a lifetime as you experience the city from a completely fresh perspective. Climb aboard your tuk tuk – a motorized rickshaw – for a front row seat to the bustling Bangkok city streets lit up at night. The streets are alive with excitement and energy as your tuk tuk brings you for food tastings that capture the local flavor. End with a visit to the flower market – this normally busy, bustling landmark feels solitary and peaceful in the quiet of night. Enjoy more food tastings in a private setting before returning to the hotel. (B, D)

Day 5: Monday, July 1, 2024 Bangkok - Sukhothai Today, it's your choice! Choose between a walk from the hotel to visit the Suan Pakkad Palace Museum, known for its Thai antiques -OR- take the coach to visit the Marble Temple where you will join Buddhist monks in their daily chanting. After, head to the airport for a short flight to Sukhothai. This evening, enjoy dinner at the hotel. (B, D)

Day 6: Tuesday, July 2, 2024 Sukhothai Dive into history today as you discover the archaeological sites in Sukhothai. Visit its Historical Park, spanning the ruins of Sukhothai – which means “dawn of happiness” – as well as the famous site of Wat Si Chum, a landmark temple boasting a 49-foot Buddha and an open ceiling. (B, L)

Day 7: Wednesday, July 3, 2024 Sukhothai - Chiang Rai Set off today for Chiang Rai. During this longer ride, stop for lunch at a local restaurant and visit the White Temple, called Wat Rong Khun – an intricately designed Buddhist-styled temple. Arrive in Chiang Rai, once the capital of the Mengrai Dynasty. (B, L)

Day 8: Thursday, July 4, 2024 Chiang Rai Explore the beauty of Chiang Rai today. This laid-back town offers up a cultural experience as an ethnic melting pot in Thailand. Enjoy a tour of the Golden Triangle, where Burma, Laos and Thailand meet, separated by the Mekong River. Visit the Opium Museum today. As you explore this museum, learn all about the opium trade and the impact to local communities. Then, it's *all aboard* for a short boat ride along the Mekong River, to float at the confluence of Laos, Thailand and Burma. Back on land, walk to a restaurant for lunch before driving to the hill tribe village to learn from locals about the long, rich traditions of this beautiful area. Most of the Thai ethnic groups are set off in remote locales, and the hill tribes relocated here to warmly welcome visitors and introduce them to each of the ethnic groups. Meet with Akha and Karen Long Neck people. As the women weave during the visit, you have the opportunity to support these local artisans by



Per Person Rates* :

Double \$6,099; Single \$6,899

Included in Price: Round Trip Air from Los Angeles Intl Airport, Inter-flights from Bangkok, Air Taxes and Fees/Surcharges, Hotel Transfers

Not included in price: Cancellation Waiver and Insurance of \$449 per person

* All Rates are Per Person and are subject to change

IMPORTANT CONDITIONS: Your price is subject to increase prior to the time you make full payment. Your price is not subject to increase after you make full payment, except for charges resulting from increases in government-imposed taxes or fees. Once deposited, you have 7 days to send us written consumer consent or withdraw consent and receive a full refund. (See registration form for consent.)

purchasing some of the products they make for tourists. This evening, enjoy a walk in a night bazaar, experiencing the culture of this region in a whole new way. (B, L)

Day 9: Friday, July 5, 2024 Chiang Rai - Chiang Mai Today, it's off to Chiang Mai – once a religious center, where elaborate Buddhist temples create a beautiful backdrop reflecting its rich, cultural history. En route, enjoy lunch at a local restaurant before visiting Doi Suthep – one of the twin peaks of a beautiful granite mountain to the west of Chiang Mai. A cable car whisks you to its peak to visit Wat Phra That Doi Suthep, one of the most important Buddhist temples in Thailand. Marvel at the stunning views before taking the ornate steps back down. Flanked by jeweled *naga* – lavish serpents – these steps are the perfect spot for a photo! Enjoy dinner on your own this evening. (B, L)

Day 10: Saturday, July 6, 2024 Chiang Mai See elephants in their natural setting today during a visit to ChangChill, which literally means “relaxed elephants.” This sanctuary prides itself on its ethical treatment of these endangered species. Climb aboard your 4x4 vehicles and meander through country roads to reach the camp. Then walk through rice paddy fields and meet the resident elephants.*

From a distance watch them graze, bathe in the river, roam the lush forest, socialize with one another – and embrace their freedom. Make herb balls and fruit snacks to place in feeding stations. Enjoy a simple vegetarian lunch served by the camp staff as the elephants arrive for their snacks. Participate in a discussion with a mahout on changes to the elephant trade practices and the impact to the mahout community. Travelers who wish to observe the elephants grazing can set off for a 20-minute hike to do so. Tonight, it's your choice! Choose between a relaxing one-hour Thai massage -OR- get a taste of the local flavor during dinner at a local restaurant. (B, L)

Day 11: Sunday, July 7, 2024 Chiang Mai Enjoy a warm welcome today from an extended family belonging to the Lanna ethnic group. Visit their home where you can learn from one of the family members about their customs and religion, see their garden and hear all about the herbs grown here. Together with hosts you will learn how to prepare local dishes and then join them as you enjoy the fruits of your labor with a simple lunch. (B, L)

Day 12: Monday, July 8, 2024 Chiang Mai - Phuket Fly to Phuket this morning and head to your resort, set on a private tropical beach. Relax for the rest of the day as the salty sea breeze rolls in, rustling

Experience It! The Street Food in Bangkok

In Bangkok, get a taste of the local flavor – quite literally – as your tuk tuk takes you around for food tastings. At one of Bangkok's oldest restaurants, get a taste for the city's famous food. With nearly 500,000 street vendors, the stalls and street carts in the city feature recipes that are generations-old and the patrons specialize in one thing that they cook to perfection. Bangkok's street food is thought to be perfectly balanced, a concept that reflects its Buddhist roots. The aromas, as you make your way to food tastings around the city illustrate the balance of flavor on the plates all around – salty, sweet, sour, spicy. A sweet cream, a smoky meat, a sour fruit, and a salty starch can all meet on your plate and perform a well-choreographed dance together on your tongue. Traditional Thai food is thoughtful, robust, and not to be missed – and savoring it from locals who love nothing more than to cook for their neighbors and friends is one of the coolest experiences you can have – and one you'll always remember.

EXTEND YOUR VACATION WITH

Optional 6 Days 4-Night Singapore Pre Tour Extension

Per Person Rates: \$2,549.00 USD double, \$3,149.00 USD single, land & air inclusive

For more information on extensions and options for this tour visit

<https://gateway.gocollette.com/link/1184622>

the palms and soothing the soul. Perhaps hit the waves, or unwind with a good book, reflecting on your cultural journey thus far. Stay as long as you'd like. (B)

Day 13: Tuesday, July 9, 2024 Phuket Travel to Phuket's Old Town, adorned with brightly painted, historic Sino-Portuguese townhouses, stores, cafes and ice cream shops. Explore this charming old town all morning and enjoy free time for lunch on your own. After lunch, return to your beach-front resort to soak up those salt water vibes and laid-back tropical lifestyle for the day. (B)

Day 14: Wednesday, July 10, 2024 Phuket It's a completely free day today, so take advantage of your idyllic tropical resort or perhaps head back to the old town and dive into some of Phuket's most popular haunts. This evening, join your fellow travelers for a farewell dinner, toasting an experience full of history, beauty, culture and incredible discoveries in Thailand. (B, D)

Day 15: Thursday, July 11, 2024 Phuket - Bangkok Fly to Bangkok this afternoon and head to an airport hotel, preparing to return home with a lifetime of memories – the best kind of souvenir. (B)

Day 16: Friday, July 12, 2024 Bangkok - Tour Ends Say farewell to Thailand and return home today. (B)

PLEASE NOTE:

IDENTIFICATION

Passports are required for this tour at your expense. Certain countries require that your passport be valid at least 6 months beyond the dates of your travel. You are strongly urged to contact the appropriate consulate for details. Visit www.travel.state.gov for the U.S. State Department for the latest details about passports and visa requirements.

IMPORTANT: We recommend that travelers take a photocopy of their passport and applicable visas. It should be packed separately from your actual passport and visa. We also recommend leaving a copy at home with your emergency contact.

To complete your tour, we include roundtrip airport-to-hotel transfers when purchasing our airfare with your tour. If you have arranged for your own air, we are pleased to provide you the option of purchasing these transfers. Please note that all transfers will leave at pre-scheduled times.

Single accommodations are limited and are available on a first come, first served basis.

Triple and child accommodations are not available.

*For your comfort, we recommend wearing comfortable walking shoes during your visit to Changchill.

Not all vendors accept credit cards or travelers checks; therefore, it is recommended you bring small amounts of US dollars which are widely accepted for personal use.

Smaller buses, which may not be lavatory equipped, may be used on this program. In this case, frequent stops are made during travel periods.

Museum visits and shopping may be affected by the observance of religious or local holidays.

The days and order of sightseeing may change to best utilize your time on tour.

The overall activity level of this tour is a level 3. This means you're an on-the-go traveler. You don't want to miss a thing, so walking and standing for longer periods of time (2-3 hours) isn't a big deal. A moderately paced two-and-a-half-hour walking tour, covering several miles, hills, and uneven surfaces, is no problem for you.

Walking four miles over the course of a day is very doable, as is climbing into and out of various modes of transportation (tuk-tuk, cable car, zodiac, etc.). You can climb three flights of stairs easily and handle altitudes between 6,000 and 9,000 feet.

Expect some longer days with early mornings or late nights balanced with free time to recharge or set out on your own adventure. This level is not a fit for travelers who require mobility assistance devices.



Each guest is responsible for proper medical documentation and inoculations that may be required and/or recommended to participate on this tour. Please contact your local travel clinic or personal physician for specific details on the destinations you are traveling to and from.

Due to flight schedules, a pre and/or post night stay may be required in some gateway cities (at an additional cost). Please inquire at time of reservation.

Please be advised many airlines do not provide advance seat assignments until check-in at the airport. Advance seating will be subject to the airline's terms and conditions.

Please be aware that if your flight schedule is via Dubai or if you are stopping over in Dubai and are carrying narcotic drugs, controlled or semi-controlled drugs, then you will be required to complete an electronic form prior to entering the country, to obtain approval to carry medication. Please use the link <https://mohap.gov.ae/en/services/issue-of-permit-to-import-medicines-for-personal-use> to view the guidelines. A user's guide is available to explain the application and the supporting documents required.

For air-inclusive reservations, the name provided at time of booking must match your government-issued ID that will be used during travel. Name changes are subject to penalties.

Internal flights are required in order to participate on this tour and are included in the final price, quoted at time of booking.

Economy air rate and schedule are applicable for groups of 10 or more traveling on the same flights and dates.

A deposit of \$698 per person is due upon reservation. Reservations are made on a first come, first served basis. Reservations made after the deposit due date of November 20, 2023 are based upon availability. Final payment due by April 28, 2024. Deposits are refundable up until November 27, 2023.

CST#2006766-20 UBN#601220855 Nevada Sellers of Travel Registration No. 2003-0279

For important reservation information visit
<https://gateway.gocollette.com/link/1184622>.
You can also find this information on your tour documents.



162 Middle Street
Pawtucket, RI • 02860
Phone: 1-800-852-5655 Fax: 1-401-727-9014

If paying by credit card, please complete this form and return to San Diego East County Chamber of Commerce. We can only charge your credit card for the amount noted if the signature, address and phone number are listed below. Thank you!

CREDIT CARD AUTHORIZATION FORM

BOOKING NUMBER: 1184622

TOUR: Wonders of Thailand *Discovering Ancient Wonders and Natural Beauty from Bangkok to Phuket*

DEPARTURE DATE: June 27, 2024

GROUP NAME: San Diego East County Chamber of Commerce

Name of Passenger:

Salutation: _____ First Name: _____ Middle Initial: _____ Last Name: _____ Suffix: _____
(Mr., Mrs., Rev.) (Please print as it appears on Passport) (Jr., Sr.)

Cardholder Name: _____
(Please print as it appears on your Credit Card)

Cardholder Address: _____
(as it appears on your credit card statement)

Cardholder Phone: _____

Credit Card Type: ___ American Express ___ Discover ___ MasterCard ___ Visa

Credit Card Number: _____

Expiration Date: _____ Amount to be charged: \$ _____

Cardholder's Signature: _____ Date: _____

I agree to pay according to the card issuer agreement. I understand and accept Collette cancellation policy, terms and conditions.

Participating credit card companies are now requiring a billing address and phone number for **FRAUD PREVENTION**. All information **MUST** be provided. Thank you for your cooperation! If using your credit card for payment, please return this Authorization Form by mail to:

San Diego East County Chamber of Commerce
Attn: ECS Travel Coordinator
201 S Magnolia Ave
El Cajon, CA 92020-4525

Or by Fax to: (619) 440-6164

Above credit card information has been called in to Collette.



162 Middle Street
 Pawtucket, RI • 02860
 Phone: 1-800-852-5655 Fax: 1-401-727-9014

BOOKING NUMBER: 1184622

TOUR: Wonders of Thailand *Discovering Ancient Wonders and Natural Beauty from Bangkok to Phuket*

DEPARTURE DATE: June 27, 2024

GROUP NAME: San Diego East County Chamber of Commerce

Available Options

Personalize your tour by adding an optional activity below. Our recommended options have been carefully chosen to help enhance your individual experience. Complete the provided Prepaid Options Form to reserve your options.

Availability is limited and reservations are on a first come, first serve basis. Payment must be received no later than 15 days prior to departure. Prices are subject to change.

Children under the age of 18 **MUST** be accompanied by an adult.

Bangkok

Jim Thompson House & Museum with Lunch

\$90 USD

During an afternoon in Bangkok, set off for the Jim Thompson House & Museum where you can check out the Asian art collection of James H.W. Thompson - the "Thai Silk King" - who went missing mysteriously in 1967, leaving behind an incredible museum spotlighting his own stunning collection of art. Thompson was an American architect who built this museum in 1959 to house his most secular collection of historical Buddhist statues and traditional Thai paintings made from cloth, wood and paper that illustrate the life of Buddha. He also collected white and blue porcelain from China and other intricate artwork from Burma, Laos and Cambodia. The founder of the Thai Silk Company was believed to have truly revitalized the silk industry in Southeast Asia. Experience the tapestry of displays as you explore this creative space before sitting down for lunch at the museum restaurant. *Duration: Approximately 2 hours.* Please note a minimum of 10 passengers is required. Transportation is included.

PASSENGERS NAME: (Please submit a separate form for each passenger)

Salutation: _____ First: _____ Middle: _____ Last: _____ Suffix: _____ Nickname: _____
(Mr., Mrs., Rev.) (Please print EXACTLY as it appears on Passport) (Jr., Sr.)

✓	Option	Price Per Person (USD)
✓	Jim Thompson House & Museum with Lunch	90.00

Please make checks payable to Collette and send to:

San Diego East County Chamber of Commerce
 Attn: ECS Travel Coordinator
 201 S Magnolia Ave
 El Cajon, CA 92020-4525
 Fax: (619) 440-6164



TRAVEL DATE: 6/27/2024 TERRITORY: W4
RES#: 1184622

Wonders of Thailand *Discovering Ancient
Wonders and Natural Beauty from Bangkok to
Phuket*

For Reservations Contact: ECS Travel Coordinator (619) 873-0114 email: et@eastcountyschools.org
San Diego East County Chamber of Commerce, 201 S Magnolia Ave, El Cajon, CA 92020-4525

A deposit of \$698 per person is due upon reservation. Reservations are made on a first come, first served basis. Reservations made after the deposit due date of November 20, 2023 are based upon availability. Final payment due by April 28, 2024. Deposits are refundable up until November 27, 2023.

YOUR INFORMATION:

Clearly print your full name (first/middle/last) as it appears on your government issued travel documentation.

IMPORTANT: In order to avoid any unnecessary change fees, it is imperative that all guest names are entered correctly from the start. The information below must be the legal name and be 100% identical to the ID being used to travel <passport/driver's license> including middle names or suffixes <Jr, Sr>.

First: _____ Middle: _____ Last: _____ Suffix: _____

Nickname: _____ Gender: () Male () Female Date of Birth: month _____ day _____ year _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone: () _____ Cell: () _____ Email Address: _____

Passport Number: _____ Expiration Date: (month/day/year) _____ Date of Issuance: (month/day/year) _____

City, State, Country of Issuance: _____ Citizenship: _____

Should you become ill or injured, whom should we contact (not traveling with you): _____ Phone: () _____

ROOMING WITH: Check if address is the same as Passenger #1

First: _____ Middle: _____ Last: _____ Suffix: _____

AIR GATEWAY: Departure airport for this tour: _____

Air Seat Request: () Aisle () Window () Next To Traveling Companion

Collette cannot guarantee your seat preference. If you have not purchased air through Collette and wish to purchase transfers, you must transfer at our pre-scheduled times. Please be advised, when travelling as part of a group, many airlines do not provide seat assignments. Preferred seating may be available for an additional charge.

"Federal law forbids carriage of hazardous materials such as aerosols, fireworks, lithium batteries & flammable liquids aboard the aircraft in your checked or carry-on baggage. A violation can result in 5 years' imprisonment and penalties of \$250,000 or more. Details on prohibited items may be found on TSA's "prohibited items" web page: <http://www.tsa.gov/traveler-information/prohibited-items>."

TRAVEL PROTECTION: () Yes, I wish to purchase travel protection \$449 () No, I decline

If you choose not to purchase Collette's Waiver Insurance Plan, you will incur penalties for changes and cancellations. Travel Protection Payment is due with first deposit. The Waiver Fee does not cover any single supplement charges which arise from an individual's traveling companion electing to cancel for any reason prior to departure. The single supplement will be deducted from the refund of the person who cancels. (There is coverage under Part B which includes a single supplement benefit of \$1,500 for certain covered reasons. See Part B for details.)

EXTENSION: I wish to purchase "4-Night Singapore" () Yes () No

PLEASE MAKE CHECKS PAYABLE TO: Collette () Check () Credit Card

Waiver/Insurance Amount: \$ _____ Deposit Amount: \$ _____ Total amount enclosed: \$ _____

Cardholder Name (if paying by Credit Card): _____

Cardholder Billing Address: Check if address is the same as above _____

Cardholder Phone: _____ Amount: \$ _____

Credit Card Number: _____ Expiration Date: _____
M M Y Y

SIGNATURE REQUIRED for acceptance of the below conditions and agreement to credit card use:

Date: _____

I agree to pay according to the card issuer agreement. I understand and accept the cancellation policy, terms and conditions. See <http://www.gocollette.com/about-collette/terms-and-conditions> for full terms and conditions of your purchase.

Important Conditions: Your price is subject to increase prior to the time you make full payment. Your price is not subject to increase after you make full payment, except for charges resulting from increases in government-imposed taxes or fees.

Extend your vacation with

Optional 6 Days 4-Night Singapore Pre Tour Extension

Per Person Rates: \$2,549.00 USD double, \$3,149.00 USD single, land & air inclusive

5 Meals: 3 Breakfasts, 1 Lunch, 1 Dinner

Day 1: Overnight Flight

Set out on a journey that introduces you to a mix of cultures in this impressive, vibrant city-state by the sea.

Day 2: Singapore - Pre-Tour Extension Begins

In Singapore, traditional beliefs and novel experiences come together in an extraordinary blend. Self-described as the city that never sleeps, Singapore combines old and new seamlessly, with impressive sights regardless of where you look - from atop skyscrapers that soar above colonial buildings to age-old places of worship.

Day 3: Singapore

Start your day by getting to know your surroundings on a tour through Chinatown and the Hawker Center. With your guide, explore places like the Telok Ayer area, Thian Hock Keng Temple, Ann Siang Hill, and Club Street by foot. After working up an appetite, your city tour will end at Maxwell Food Center where you'll get a tasting of local snacks and coffee. Not sure what to get? Don't worry – your guide will share with you tips as you walk through the market. Then, return to your hotel and spend the afternoon at leisure, exploring how you like. *Today breakfast will be included.*

Day 4: Singapore

Today starts with discovery as you learn the history of the 19th century Peranakan houses. Explore the area around Neil and Pertain Road and visit the restored homes with your guide. After your visit to the homes, continue the afternoon with a visit to a Chinatown shop to see traditional enamel, also known as "tingkat" sets, and hand drawn porcelain rooster bowls. Satisfy your appetite this afternoon with a delicious Peranakan lunch at the local Blue Ginger restaurant. Return to your hotel after lunch and spend the rest of the day at leisure. *Today breakfast and lunch will be included.*

Day 5: Singapore

Say "good morning" how you like and start with some free time to recharge for the day. Explore Singapore and visit that shop down the street you've been hearing all about. Later this afternoon, visit the Gardens by the Bay. Get ready to step into two climate conservatories: Flower Dome and Cloud Forest. Flower Dome is the largest glass greenhouse and boasts a variety of changing flowers and plants from the Mediterranean regions. At Cloud Forest, take in breathtaking mountain views surrounded by a diverse collection of vegetation and hidden floral gems. End your visit with a local meal. *Today breakfast and dinner will be included.*

Day 6: Singapore - Bangkok, Thailand

Bid farewell to Singapore as you head to Bangkok. Your journey has only just begun.

Please Note:

Extensions are subject to availability and applicable charges at time of request.

Fully-guided extensions are perfect for travelers who want the complete experience of a new destination and local experiences. Travelers will have a dedicated guide throughout this entire extension.

Please note that departures that fall during Chinese New Year in January of 2025 may require changes to included features based on closures during this important annual festival.

Single accommodations are limited and are available on a first come, first served basis.

We reserve the right to cancel this extension if a minimum of 4 passengers is not met to operate.

An additional air segment is required for this extension, quoted at time of booking. Additional air charges may apply.

For air-inclusive reservations, the name provided at time of booking must match your government-issued ID that will be used during travel. Name changes are subject to penalties.

The overall activity level of this extension is a level 3. This means walking and standing for longer periods of time (2-3 hours) isn't a big deal for you. You can navigate hills and uneven ground, climb into various modes of transportation (tuk-tuk, cable car, zodiac, etc.), and could possibly anticipate changes in elevation. Walking four miles over the course of a day is very doable as is climbing 3 flights of stairs. You can handle altitudes between 6,000 and 9,000 feet. You can expect some longer days balanced with free time. This level is not a fit for travelers that require mobility assistance devices.