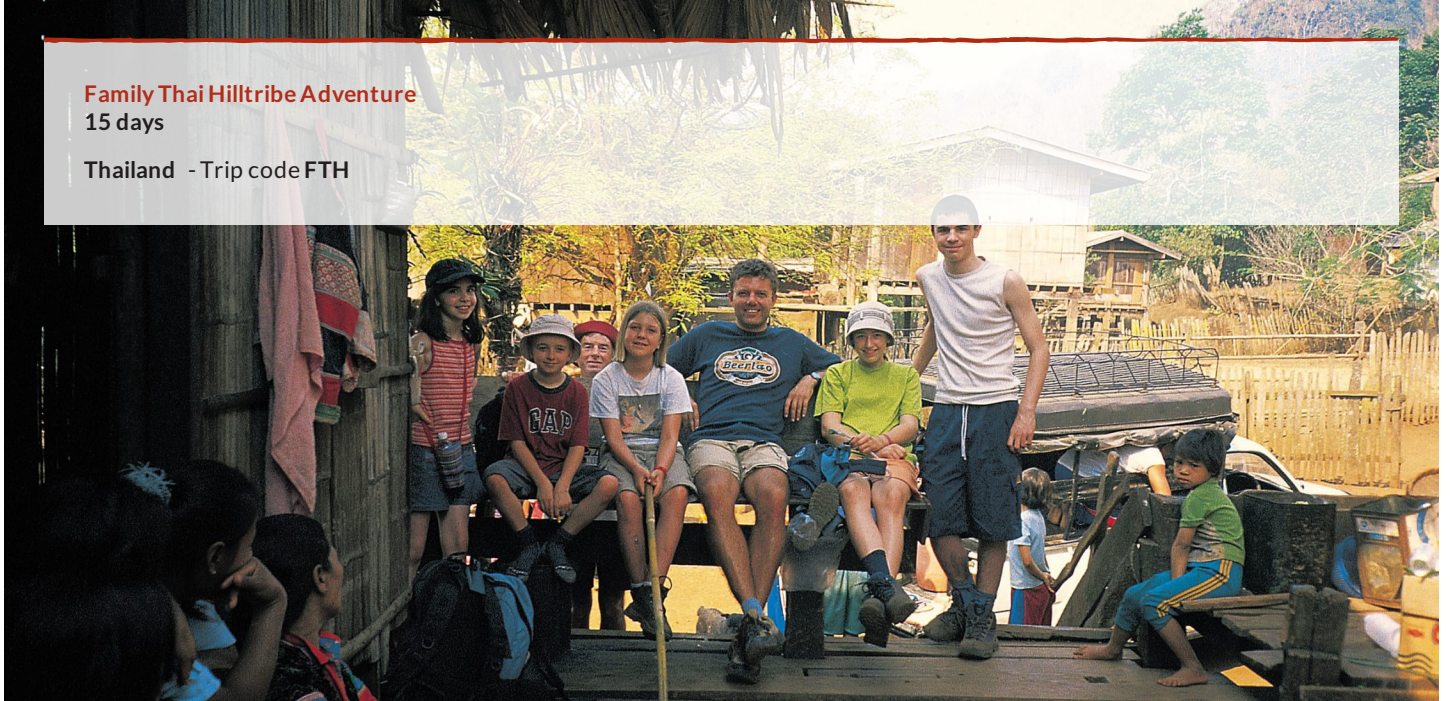


EXPLORE!

Family Thai Hilltribe Adventure

15 days

Thailand - Trip code FTH



Family Thai Hilltribe Adventure

Travel from Bangkok's bright lights to the tranquillity of Thailand's northern hills, visiting colourful markets and Elephant sanctuaries along the way. This active trip is designed to combine a taste of traditional local life. Staying in bamboo stilt-houses, home to northern Thailand's hilltribes, we have the fantastic opportunity to experience their unique customs. Join us on a river cruise and meet elephants in a rescue centre. No trip to Thailand would be complete without spending time relaxing on its tropical beaches on the island of Koh Samet.

Trip highlights

- ★ **Bangkok** - Explore the glittering Grand Palace complex and the beautiful temple of the Reclining Buddha (Wat Po)
- ★ **Chiang Mai** - Bustling walled old town and the serene hillside Doi Suthep Temple
- ★ **Lampang** - Visit the elephant sanctuary
- ★ **Hilltribe Trek** - Three day trek to some of the ethnic minority villages of Northern Thailand
- ★ **Koh Samet** - Golden sand beaches and warm waters of the Gulf of Thailand

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:

Moderate

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

GROUP SIZE:

12 - 18

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join tour Bangkok with optional cruise along the city's Klongs

Arrive in Bangkok and check-in at your hotel. The rest of the day is free. You may choose to take an optional cruise along the city's Klongs in a traditional longtail boat. This is the ideal way to explore Bangkok's network of meandering waterways that branch off from the main channel of the Chao Phraya River. Traditional houses back on to the water which provide some insight into local life. Keep a look out for monitor lizards and there is a fun opportunity to feed the many fish which reside here.



Accommodation: Royal Princess Larn Luang Hotel (or similar)



Premium Hotel



Swimming pool available



Meals Provided: None

DAY 2 - Tour of Bangkok including the Grand Palace and Wat Po Temple

After a leisurely breakfast our sightseeing tour begins by tuk-tuk. A fun way to get around the city, the tuk-tuk is a firm favourite with kids and a great way to experience Bangkok. After a short drive, we arrive at the Grand Palace. The sheer scale and vibrant colours can't fail to impress as we learn about the Thai Royal Family before walking on to Wat Po - the Temple of the Reclining Buddha. After spending some time here we return to the hotel for some relaxation. In the evening you may like to have dinner on a floating restaurant before visiting the vibrant night market in Khao San Road.



Accommodation: Royal Princess Larn Luang Hotel (or similar)



Premium Hotel



Swimming pool available



Meals Provided: Breakfast

DAY 3 - Free day in Bangkok; overnight train to Chiang Mai

The day has been left free to allow time for personal exploration or relaxation. Should you wish to take in more sights of the city a short walk from the hotel takes you to the water taxi's, a fast and fun way to experience Bangkok and its riverlife. A few stops will bring you to Jim Thompson's House, a beautiful teak building holding a stunning collection of antiques and fabrics. A short guided tour takes you through his life and significance to the capital after World War II. Following a visit here, why not take the sky train to Chao Phraya River where a further boat journey will transport you to Wat Arun (Temple of the Dawn). Alternatively if you missed the long tail boat ride on day 1 there is the opportunity to do this instead. After freshening up back at the hotel (several day rooms are provided) we arrive at Bangkok railway station where we board our air conditioned overnight sleeper train to Chiang Mai. Berths are not in compartments, but are arranged open plan either side of a central aisle. During the evening and morning part of the journey, pairs of seats face each other on each side of the aisle. At night, each pair of seats pulls together to form the bottom bunk, and an upper bunk folds out from the wall. The attendant will make up your bunk with a proper mattress and a pillow, bedding and blanket. There's plenty of luggage room. A steward or stewardess from the restaurant car may come round and take your food or drink order, offering you a set menu with several choices, around 180 baht for dinner and 100 baht for breakfast. The meal will be delivered to your seat although you may want to have this in the restaurant car. Toilets and hand wash sinks are located at the end of each carriage.



Accommodation: Overnight Train from Bangkok to Chiang Mai



Simple Overnight Train



Meals Provided: Breakfast

DAY 4 - Arrive Chiang Mai; visit Doi Suthep Temple

In contrast with the heat and bustle of Bangkok, the climate in Chiang Mai comes as quite a relief. The town is situated in a high valley at the foot of the majestic Doi Suthep Mountain. Founded in the 13th century, Chiang Mai is a city with a rich, colourful and turbulent history. As capital of the Lanna (Million Rice Fields) Kingdom, this area remained outside the rule of Bangkok until well into the 20th century. Upon arrival we take breakfast in our hotel before driving to the famous Doi Suthep Temple, where we learn that the location of the temple was chosen by... an elephant! The king's favourite white elephant was left to wander with a Buddha relic strapped onto its back - the monarch having decided that where the elephant stopped, a temple would be built. We then return for an orientation walk of the town including various markets. In preparation for our hilltribe trek, there will be a short briefing from your tour leader tonight.



Accommodation: The Park Hotel (or similar)



Premium Hotel



Swimming pool available



Meals Provided: None

DAY 5 - Drive to Pai; start Hilltribe trek to Red Lahu Village

Leaving Chiang Mai we head into the northern hills to spend the next three days exploring the area of the hilltribes where colourful tribes people inhabit the mountain slopes above an altitude of 300m. There are numerous individual tribes, each with its own particular beliefs, way of life and colour of dress. Our 4 hour morning transfer is punctuated with several stops including a tea making cafe where we watch the grinding of the leaves and can sample different flavours. We continue on and have lunch in the small town of Pai before driving to the start point of our trek. Here we are met by jeeps which take our overnight bags to the village, we just carry our day bag during the walk. Our trekking journey begins in the afternoon when we hike to a Red Lahu Village (approx 3 hrs walking), where we spend the night. The walk takes us through beautiful open scenery and we regularly stop to look at the flora and fauna or watch the locals at work in the fields. The pathway is clearly defined as we climb and descend three hills. Our Tour Leader carves bamboo walking sticks for everyone, these prove a real asset particularly with the uphill and river crossings. Once we arrive at the village we are taken to our sleeping quarters. The group is housed communally in one room with another room for cooking and eating. Foam mattresses, pillows, sleeping bags and mosquito nets are provided. After dinner we are greeted

by traditionally dressed local children who sing several songs and then expect us to sing in return! It is a nice gesture to offer them sweets or small toys which you may have picked up in the markets of Chiang Mai. After a satisfying dinner, the ladies of the village provide a wonderfully soothing massage on tired muscles and help us drop off to sleep.



Accommodation: Red Lahu Hut (or similar)



Simple Village House



Meals Provided: Breakfast & Dinner

DAY 6 - Trek to White Karen Village via Tham Yao Cave

This morning we have time for a quick tour of the village before heading out on our days trek. The scenery today is less open and feels more wooded and shady. A welcome relief from the hot sun. There are numerous streams to cross and stepping stones to navigate. We may come across water buffalo on our journey and a picnic lunch of sandwiches and fresh fruit is provided by our crew. Firstly however they must make the table! This they do by cutting down bamboo, a very versatile material which serves as both a table top and legs. This afternoon our walk brings us to Tham Yao Cave. A vast and pristine cave system which provides a home to hundreds of bats. Our second village is a little less basic than the previous night; a local shop in the village selling ice creams is a very welcome sight after our days walk. Again we are all accommodated in one village house but we are split between several communal rooms here with bedding as described above. There is a basic bucket shower and several toilets and also the opportunity to charge phones/cameras.



Accommodation: Karen Village Hut (or similar)



Simple Village House



Meals Provided: Breakfast, Lunch & Dinner

DAY 7 - Morning trek through river before transferring to Mae Hong Son

Our final morning of trekking is a little more relaxed as the majority of the route takes us along the river. Splashing through the water and skimming stones on the river is a perfect end to our trekking adventure. After a couple of hours walking, we arrive at our third and final village. A celebratory cold drink is much deserved as we finish this element of the adventure and bid farewell to our trekking crew. We board our bus and drive on to our lunch stop before continuing to Mae Hong Son. Although over half the population of Mae Hong Son are from the various hilltribes, the town's location gives it a distinctly Burmese feel. It was only linked to the outside world by a paved road in the late 1960's. Our hotel is located in a tranquil setting next to the river and surrounded by mountains. The rest of the day is free to relax by the hotel pool.



Accommodation: Golden Pai Resort (or similar)



Premium Hotel



Meals Provided: Breakfast & Lunch

DAY 8 - Cycle ride and boat trip on River Pai

This morning we have a short cycle ride visit a temple which sits above the town offering expansive views of the surrounding area. In the afternoon, we then take a boat ride along the scenic River Pai. Similar in design to the long tail boats in Bangkok, they travel down the river giving the opportunity to spot colourful birdlife along the way and watch local people doing their daily chores. The afternoon is free for more walks, cycling, a mud spa or you may choose to relax and enjoy the facilities of the hotel.



Accommodation: Golden Pai Resort (or similar)



Premium Hotel



Meals Provided: Breakfast

DAY 9 - Return to Chiang Mai with optional Thai Cookery class

Today we return to Chiang Mai, the scenic bus journey will take around five hours including several stops plus lunch. Your main luggage will be waiting for you back at the hotel and the rest of the day is free. Later this afternoon we offer an optional Thai cookery class. You will meet your chef in the local market where he will explain and purchase the necessary ingredients, before being transferred to his kitchen (approx 30 mins). This is a stunning open air building which houses countless cooking stations. Everyone is encouraged to cook independently with children and parents working alongside each other. Each dish is demonstrated, before you then have a go yourself and whatever you produce is your dinner for the evening. The setting is stunning and provides a lovely cool environment. After dinner you are returned either back to the hotel or to Chiang Mai night market for a bit of bartering.



Accommodation: The Park Hotel (or similar)



Premium Hotel



Swimming pool available



Meals Provided: Breakfast

DAY 10 - Visit Elephant Nature Park Sanctuary before catching the overnight train to Bangkok

This morning we head out to the Elephant Nature Park Sanctuary which is one of the largest elephant conservation centre in the country and also hosts an elephant nursery and hospital caring for sick and abandoned elephants. Its main functions are for the treatment and care of elephants although visitors and tourists are now admitted. We will feed the elephants from a viewing platform in the morning and in the afternoon we walk with the centre's staff with the elephants to the river that skirts the park. Bathing these gentle giants as they splash around is a real highlight with the opportunity to go into the river with them or watch them on the river bank. The day is all about spending quality time with these gentle giants and observing them being with the herd. We say goodbye to the elephants and travel back to Chiang Mai where we prepare for our overnight sleeper train back to Bangkok.



Accommodation: Overnight Train from Chiang Mai to Bangkok



Simple Overnight Train




Meals Provided: Breakfast

DAY 11 - Morning drive and ferry to Koh Samet with the afternoon on the beach

Our train arrives in the early morning into Bangkok where we are met and continue by minibus (3-4hrs driving) to Ban Phe port for the ferry to Koh Samet. We should arrive on the island around lunch time with the afternoon free to relax. The hotel has several pools and is located right on the beach front.



Accommodation: Sai Kaew Beach Resort (or similar)

 Standard Hotel

 Meals Provided: None

DAY 12 - On Koh Samet, a tropical paradise

Only 6 km in length, Koh Samet is home to some of the best beaches in Thailand. White sands contrast vividly with the clear blue sea that laps the tree-lined shores of this idyllic island. Up until the 1980's Koh Samet was home to a small community of fishermen when the island then became a designated national park. The island still retains some of its original charm which you can experience for yourself over the two days that we are based upon the island. Relax and enjoy this tropical paradise, with the opportunity to do as much, or as little as you want.



Accommodation: Sai Kaew Beach Resort (or similar)

 Standard Hotel

 Meals Provided: Breakfast

DAY 13 - On Koh Samet with optional boat trip or watersports

Today is left free to explore/relax. You may just decide to enjoy the pristine beach, cooling down with a swim in the clear waters of the Gulf of Thailand. Alternatively you can take an optional boat trip to one of the nearby uninhabited islands. Watersports and snorkelling can all be arranged locally. The Queen Turtle Conservation Project is also a possible optional visit. Evenings can be spent in the beach front restaurants which are within close proximity to our hotel and specialise in freshly caught seafood dishes.



Accommodation: Sai Kaew Beach Resort (or similar)

 Standard Hotel

 Meals Provided: Breakfast


DAY 14 - Return to Bangkok

After a final morning on Koh Samet, we head back to Bangkok. Please note, the trip starting on the 14th August 2016 has a flight back to the UK on Sunday morning at 1.10am arriving that day into London Heathrow. The hotel night for Saturday the 29th August has been booked for all clients. If you book a flight departing on the morning of the 30th August, Explore will still provide an airport transfer.



Accommodation: Royal Princess Larn Luang Hotel (or similar)

 Premium Hotel

 Swimming pool available

 Meals Provided: Breakfast

DAY 15 - In Bangkok. Tour ends

Tour ends after breakfast. If you have time you may wish to wander through Chinatown for a different flavour of the city.

 Meals Provided: Breakfast

Family information

Minimum age

11

Why book this trip

This tour allows families who are interested in walking and also meeting the local population to experience a homestay and trek to some of the most colourful ethnic minority villages in Thailand. This is combined with time in the capital and the ancient city of Chiang Mai along with a few days on the beach to rest after your adventure. A special mention needs to go to our visit to the Elephant Nature Park Sanctuary which is one of the largest elephant conservation centres in the country plus one of the few that have passed Explores policy on animal rehabilitation centres. Your family get the opportunity to feed the elephants and walk with them to the river.

What's included?



Included meals

Breakfast: 12
Lunch: 2
Dinner: 2



Transport

Bus
Ferry
Train



Trip staff

Explore Tour Leader
Driver(s)
Local Guide(s)



Accommodation

7 nights premium hotel
3 nights standard hotel
2 nights simple overnight train
2 nights simple village house

Trip information

Country information

Climate

Generally hot with high humidity. There is some rainfall from April to September with most days being hot (around 33 Degrees) and a light breeze on the islands. If it does rain, it will be more of a heavy tropical downpour that lasts a few hours. Additional information and climate charts can be accessed at <http://www.explore.co.uk/weather>.

Time difference to GMT

+7

Plugs

2 Pin Round

Religion

Buddhism

Language

Thai

Budgeting and packing

Optional activities

Bangkok - Longtail boat excursion on klongs 1500THB (approx £30) - this is for the boat, per person cost is dependent on group size. Jim Thompsons House: 100THB (approx £2) Chiang Mai - Thai cookery course 800THB (approx £16) Koh Samet - Snorkelling approx £30 (final cost depends on group size)

Clothing

Waterproofs: Breathable waterproofs made from material such as Goretex not only protects against rain and wind but also stops you from overheating. They 'breathe' and avoid condensation which you will experience from nylon waterproofs. Ponchos can be purchased locally at a cost of approx £3. Your Tour Leader will be able to advise of this. If travelling during the dry season (March to May) you should not need to bring waterproofs. Sweater/fleece jacket: We recommend a thick sweater or fleece jacket as nights can be cold in the hilltribe area in the cooler months (Nov-Feb) . Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece. If travelling during the warmer months this should not be required. Socks: It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters. Long Trousers: For everyday walking, light cotton trousers or long shorts are the most suitable. Jeans are not recommended. Long trousers/skirts are also required in Bangkok during the temple visits.

Footwear

Trainers should be adequate for all activities on this trip, though if you have walking boots or trekking shoes they are useful for any walks. Light shoes or sandals can be brought for general travel. If you bring boots, make sure that they are worn-in and comfortable before the start of the trip and we recommend that you wear/carry your walking boots as hand luggage on the international flight: should your luggage be delayed, your well broken-in boots will be irreplaceable.

Luggage

20kg

Luggage: On tour

This should consist of a main piece of luggage and a daypack to carry your personal day to day items such as sun cream, camera etc. You will also need to bring a holdall or kitbag for the trek as your main luggage will be left behind for four nights (two nights in the villages and two nights in Mao Hong Son). You will not be expected to carry this with you while trekking but it should be as light and compact as possible.

Equipment

Plastic Bags: If you pack bits and pieces in plastic bags inside your kit bag they will stay dry in case of rain and it will be easier for you to sort through. Remember, the less you have to unpack in the evening, the less you have to repack each morning! A bin liner to pack inside your daypack is also a good idea. Sleeping Bag: A light sleeping bag or blankets will be provided on the trek. If you prefer to sleep in your own sleeping bag then we recommend you bring a 4-season (temperature -5°C to 0°C) sleeping bag for November to February departures. 2-season (temperature 0°C to 5°C) for the rest of the year. A sleeping sheet liner (silk) can be useful in both hot and cold conditions. Mosquito Net: A mosquito net is provided while on the hilltribe trek. Water Bottle: Water along the trail must never be considered as drinkable. Take a 1.5 litre personal water bottle. Our support crew on the trek provide sterilized water each meal time to replenish your supplies. Also energy snacks (nuts, cereal bars etc.) are recommended whilst on trek. Swimwear: There are plenty of opportunities to swim. Sunglasses: A good pair of sunglasses are essential for protection against UV rays. Sun

Hat, High Factor Sun Cream/Block & Lip Salve: Bring suncream (Factor 20 or more) to protect your skin against the sun. A combination sunblock/lipsalve is ideal for facial protection. Torch/Batteries/Bulb: A small torch is essential during our stay at the village houses, a head torch is probably best. Remember to bring some spare batteries. Toiletries: Try to keep cosmetics to a minimum. Essentials are toothbrush/paste, soap, small towel. Wet wipes are great for a quick clean up.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow US\$24 for tipping.

Country Information

Thailand Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price

£4.00 - 8.00

Beer price

£1.5

Water price

£0.5

Foreign Exchange

Local currency

Thai Baht

Recommended Currency For Exchange

We recommend that you bring your money in GBP or US\$.

Where To Exchange

Most major towns and on the islands - your Tour Leader will advise you on arrival.

ATM Availability

ATMs are available in Bangkok but are limited on the islands.

Credit Card Acceptance

Major stores and restaurants.

Travellers Cheques

Can be exchanged at banks and exchange offices throughout the tour although rates may not be as favourable.

Transport, Accommodation & Meals

Transport Information

Bus, Ferry, Train

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual

travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

The hotels on this tour are comfortable and well suited to families. Some provide inter connecting or triple rooms, whilst they all have wifi, swimming pools and offer generous breakfasts. Each are well located and provide a good base for the tour - the hotels in Bangkok and Chiang Mai are centrally positioned, whilst in Koh Samet we stay in bungalows right by the beach. In Mae Hon Song the hotel is a few minutes drive from town and is located in a tranquil setting by the lake.

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Thailand: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens for a stay of less than 30 days. All passports must have at least 6 months validity remaining on entry to Thailand. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Non refundable permits

Thailand Holidays & Tours

Vaccinations

Nothing compulsory, we recommend protection against malaria, typhoid, tetanus, diphtheria, polio and infectious hepatitis. Although not compulsory, travellers may also wish to immunise themselves against Japanese encephalitis. Consult your travel clinic for latest advice on Malaria and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.
