

EXPLORE!

Rivers, Roads and Rail to Rangoon

11 days

Burma (Myanmar), Thailand - Trip code QBU



Rivers, Roads and Rail to Rangoon

This exciting journey takes us from relaxed northern Thailand, to the beautiful and serene Inle Lake, across the central plains of Burma to the temples of Bagan, before ending in the old capital of Rangoon. We make use of Burma's public transport network, with the chance to engage with locals on a bus ride to Bagan, and an opportunity to travel between Mandalay and Rangoon on a colonial railway line originally built by the British. Also included is a leisurely two-day river cruise along Burma's biggest waterway, the Irrawaddy. It's an adventurous trip that, in just 11 days, allows us to take in Burma's major highlights and offers us the chance to interact with its warm and welcoming inhabitants. Sadly, recent events surrounding the Rohingya minority have seen Burma thrust into the international spotlight again. The areas of unrest are concentrated within the north of Rakhine state, far away from any location our itineraries visit. We actively monitor the situation on the ground and closely follow the advice of the Foreign and Commonwealth Office (FCO). We also remain acutely aware of our ethical responsibility; and in order to ensure that the local communities benefit the most from our trips, we use a privately-owned Burmese local ground agent for all of our local services. Our itineraries have been carefully planned to limit the use of services owned by, or affiliated with, the government. This ensures that the Burmese people benefit as much as possible from our tours. We strongly believe that we contribute positively to the local economy, whilst providing our customers with the privilege of direct and genuine interaction with the local people, as well as an insight into the country's unique culture and heritage.

Trip highlights

- ★ **Chiang Mai** - Time to explore the 'Rose of the North' and the majestic Doi Suthep temple.
- ★ **Inle Lake** - Discover the unique 'one-legged' rowing style of the local fisherman on the serene waters of Inle Lake.
- ★ **Bagan** - Marvel at the thousand-year old temples that stretch across the vast plains of Bagan, as far as the eye can see.
- ★ **Irrawaddy River** - Enjoy a scenic and peaceful cruise along the Irrawaddy River en-route to Mandalay.
- ★ **Rangoon** - Stare in awe at the Shwedagon Pagoda, with the beautiful golden stupa being one of the most revered in all of

ACCOMMODATION GRADE:

Simple

These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, sometimes with en suite facilities.

TRIP PACE:

Full on

Full on paced trips are for travellers who like their holidays packed with activities and experiences, moving on quickly from place to place with lots of early starts and long, busy days. Some may find them tiring, but others get a buzz from packing their precious holiday-time as chock-a-block full of new experiences as possible!

GROUP SIZE:

10 - 16

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 trip in Chiang Mai

Arrive in Chiang Mai and check-in to your hotel, where the remainder of the day has been left free to make your first impressions of Chiang Mai, known as the 'Rose of the North'. Perhaps take a leisurely stroll around the walled Old City, or try out your bartering skills at the bustling Night Bazaar.



Accommodation: The Park Hotel (or similar)



Premium Hotel



Swimming pool available



Single room available



Meals Provided: None

DAY 2 - Morning free for optionals in Chiang Mai; afternoon drive to Chiang Rai

There are a range of optional activities to enjoy this morning, including visiting the beautiful Doi Suthep temple which towers over the city, having a relaxing Thai massage at one of the city's many parlours, or just taking a leisurely stroll along Chiang Mai's quiet streets, taking in its many temples. This afternoon we head out of the city, where the buildings soon give way to picturesque rice fields and undulating forested hills as we head for Chiang Rai. On our way we plan to make a stop at the beautiful Wat Rong Khun,

or the 'White Temple' as it is more commonly known. Part Buddhist temple, part art exhibit this temple offers a modern take on traditional Buddhism with its all-white design and its contemporary displays of the struggle between good and evil. We then continue on to our night stop, Chiang Rai.



Accommodation: Diamond Park Inn Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Cross the border into Burma, fly to Heho, drive to Inle Lake

This morning we set off after breakfast for the Thai/Burmese border. Before reaching the border we visit the infamous 'Golden Triangle', where the borders of Thailand, Laos and Burma meet at the confluence of two rivers - the Ruak River and the mighty Mekong. This area was known for being one of the premier opium growing regions in the world in its heyday, and the borders formed a major smuggling and drug trafficking route. We plan to stop at a view point where can take in the three countries, before visiting the Opium Museum to add context to what we are seeing. We will then continue on to the border, and after completing the border formalities, will cross into Burma and meet our Burmese leader where we have chance to explore Tachileik market, a sprawling bazaar that sits right on the border. After lunching at one of the local stalls we continue onto the airport for our short flight to Heho, the gateway to Inle Lake. We plan to arrive at Inle Lake in the late afternoon in time to witness the sun set into the calm and serene waters of the lake.



Accommodation: Hupin Nyaung Schwe Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Morning cruise by longtail boat on Inle Lake, free afternoon to explore

Inle Lake enjoys a picturesque, moderately high-altitude setting on the Shan Plateau, surrounded by hills and home to the Intha people, as well as some Shan, Taungyo, Pa-o and Danu ethnicities. Local communities are devout Buddhists that live in simple houses of wood and woven bamboo, raised above the water on stilts. They are mostly fishermen, skilled artisans and self-sufficient farmers, whose vegetables are grown on floating gardens made of grass and seaweed. The local fishermen are known for practicing a distinctive rowing style which involves standing at the stern of their boat on one leg and wrapping the other leg around the oar. We spend time this morning amongst these village communities and visit their cottage industry workshops, admiring their talents for silk and cotton weaving, as well as the rolling of traditional Cheroots (Burmese cigars). This afternoon has been left free to relax and enjoy our peaceful surroundings. There is also the chance to take an optional visit to Indein Village. Located up a small creek in the western part of the lake, Indein Village plays host to a vast complex of about 1,000 stupas of varying sizes, built between the 17th and 18th centuries.



Accommodation: Hupin Nyaung Schwe Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Drive through rural Burmese villages to Bagan

Today we travel across central Burma as we catch our private bus to Bagan. The route takes us through rural Myanmar, where the scenery seems almost ever-changing as we make our way to Bagan. The road first winds its way up to the scenic hill station of Kalaw, before dropping down past swathes of lush countryside and through many small villages before hitting the central dry zone, where the trees give way to vast dry and arid plains. There will be opportunities to stop, stretch your legs and take a comfort break, and perhaps have a quick look around some of the local markets we pass en-route. Today's total journey should take around eight hours, and subject to local conditions, we plan to arrive into Bagan in the late afternoon.



Accommodation: Thazin Garden Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Discover the 1000 year old temples of Bagan

As the stand-out highlight of the trip for a large proportion of our customers, many report that their photos do not do justice to Bagan's magnificence and scale. Without doubt one of the world's premier archaeological wonders, its vast plain is studded with literally thousands of 1,000 year-old temples and stupas. From the 9th to 13th centuries, Bagan was the capital of the Kingdom of Pagan - a precursor of modern Burma. During the height of its success between the 11th and 13th centuries, over 10,000 buildings were constructed here, of which over 2,200 still remain. Its sheer magnitude can be realised when you consider that there are more temples, stupas and pagodas on this Manhattan Island-sized plain than there are medieval cathedrals in Europe. We set out this morning to discover these marvels of ancient architecture, and with so many to choose from we plan to focus on some of the most iconic and distinctive. These include Shwezigon - a prototype of later Burmese stupas; Wetkyi-in-Gubyaukgyi - a 13th century cave temple with some interesting frescoes and Ananda Pagoda - one of the finest, largest and best preserved in Old Bagan. We are also likely to visit Ananda ok Kyaung - a former monastery with spectacular 18th century wall paintings. This afternoon has been left free for further optional sightseeing, where we can explore the Sulamani Temple, built by King Narapatisithu in 1183, and the towering Dhammayangyi Temple which showcases some of the finest brickwork in all of Bagan. Our afternoon in Bagan draws to a close as our local guide takes us to the upper terraces of the one of the temples to witness the sun set over the vast templed plains of Bagan.



Accommodation: Thazin Garden Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Overnight cruise up the Irrawaddy River to Mandalay

Today we board our privately chartered vessel for a leisurely cruise along Burma's most well-known river, the Irrawaddy. The boat travels at a gentle pace, allowing us to enjoy the passing scenery and spot friendly locals waving at us as we pass. There will be chances to stop along the way, including a stop at Yandabo, a small settlement known for its intricate potteries. We plan to moor alongside a small village in the evening where we will rest for the night. We overnight aboard the boat, where padded mattresses are laid out along the top tier of the boat, the sleeping is communal and all bedding is provided, along with a mosquito net. It is a basic but rewarding experience, sleeping out under the stars with the gentle rocking of the Irrawaddy and the sounds of nature as your evening's soundtrack.



Accommodation: Overnight Cruise from Bagan to Mandalay (or similar)

 Simple Boat


 Meals Provided: Breakfast

DAY 8 - Morning visit to Mingun village, afternoon arrival in Mandalay

After a leisurely river-side breakfast we continue upstream to Mingun village, and the ruins of the unfinished Mingun Pahtodawgyi (pagoda) which, had it been completed, would have been the largest pagoda in the world. Undertaken by King Bodawpaya in 1790, the work on the monument ceased with the king's death in 1890. Nearby we also visit the giant 90 tonnes bronze Mingun Bell. We then continue upriver to Mandalay, where we disembark and transfer to our hotel, with the rest of the day free to spend at leisure. This afternoon there is the option to explore some of this old capital's major highlights, including the world's largest book at the Kuthodaw Pagoda and the intricate wooden majesty of the Shwenanda (Golden Palace) Monastery. There will also be the opportunity to visit some craft shops where you can observe traditional and skilled gold-leaf making, tapestry making and wood carving as well as the fascinating jade market. If time allows we will then head up Mandalay Hill for sunset and views across the river and over the city.



Accommodation: Victoria Palace Hotel (or similar)

 Standard Hotel



Single room available

 Meals Provided: Breakfast

DAY 9 - Free day to explore Mandalay; overnight train to Rangoon

Today has been left free to explore Mandalay at your leisure, or perhaps take an optional tour to the ancient cities of Amarapura and Inwa. We will first head to the formal royal capital of Amarapura where we explore the Mahagandayon Monastery, a school teaching ancient Buddhist traditions to the young monks of today. We then journey out to the beautiful U-Bein bridge, intricately made from teakwood and, at 1.2 km, it is the longest of its kind in the world. After some time marvelling at this centuries-old structure, we continue onto Inwa, another one of Burma's old royal capitals. Here we discover the 'leaning tower of Ava' and the elegant teakwood monastery of Bagaya Kyaung. Later this evening we transfer to the train station in time to catch our overnight express train to Rangoon. Accommodation on the train will be in a lockable 4 berth cabins with a rotating ceiling fan. Pillows and top sheets are provided, but a sleeping sheet/sleeping bag is recommended as it can get cool at night. Toilets are located at each end of the carriage, and there is a restaurant coach on board where drinks and snacks can be bought. The going is slow, and you should expect a bumpy ride, but in return you are rewarded with wonderful views of the Burmese countryside and villages, and a chance to travel like the locals do.



Accommodation: Overnight train from Mandalay to Yangon



Simple Overnight Train

 Meals Provided: Breakfast

DAY 10 - Discover the sights of Rangoon; free afternoon

We start this morning with a traditional breakfast in a tea shop not far from the train station. This buzzing diner is where 'Yangoners' come to catch up with friends and enjoy a traditional breakfast of fried rice, eggs and coffee before starting their day. After dropping our bags at the hotel, we take to the streets of Rangoon on a walking tour showcasing the city's rich colonial architecture and bustling street markets. The walk takes us past the lakes and parks that provided the city's alternative name as the 'Garden city of the East', before visiting the Scott (Bogyoke) Market famous for its expertly made handicrafts and gemstones including rubies and jade. The highlight though, has to be a visit to the magnificent Shwedagon Pagoda, the most revered Buddhist temple in Burma, whose golden stupa dominates the city skyline. The afternoon has been left free to soak up the warm atmosphere of this friendly city, or to indulge in some last minute souvenir shopping.



Accommodation: Panda Hotel (or similar)



Standard Hotel



Single room available



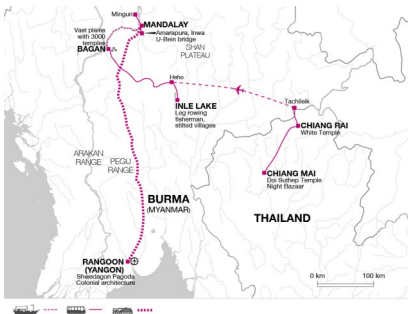
Meals Provided: Breakfast

DAY 11 - Trip ends in Rangoon

Trip ends after breakfast.



Meals Provided: Breakfast



Why book this trip

This is a fast paced tour with plenty of free time so you can make the most of your trip, allowing you to make the choice to either explore as much as you want, or perhaps to relax and soak up the atmosphere if you prefer. There will be some long but rewarding journeys, allowing us to see much of Burma and its main highlights in under two weeks. In order to offer the most competitive prices, this tour uses our 'simple' range of accommodation - clean and comfortable 'no frills' hotels and guesthouses that offer an authentic and often, locally-run experience.

What's included?



Included meals

Breakfast: 10



Transport

Boat
Public Bus
Train



Trip staff

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



Accommodation

1 nights simple boat
1 nights premium hotel
7 nights standard hotel
1 nights simple overnight train

Trip information

Country information

Holidays to Burma (Myanmar)

Climate

Burma is a tropical country and has three seasons. Temperature and rainfall varies across the country; Rangoon, Bagan and coastal areas tend to have higher temperatures and rainfall. Cool season = October to February with average temperatures from 18-24C; at higher altitudes (Inle Lake, Kalaw) the temperature is slightly cooler and temperatures can drop down to about zero at night. Hot season = March to mid-May 25-38C; particularly hot in Bagan and Rangoon. Rainy (Southwest Monsoon) = mid-May to September 23-33C; practically all of the country's rain falls in this period.

Time difference to GMT

+6

Plugs

3 Pin Flat

Religion

Theravada Buddhism, Hinduism

Language

Burmese

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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

Chiang Mai - Visit to Doi Suthep Temple - 800 Thai Baht
Inle Lake - Inle Village visit - 8,800 Burmese Kyat
Bagan - Afternoon Temple tour including sunset - 15,400 Burmese Kyat
Mandalay - Tour of Amarapura, Inwa and Sagaing - 53,900 Burmese Kyat

Clothing

You will need loose fitting, comfortable clothes for hot, humid conditions. Sunhat, sunglasses, long trousers and long sleeved shirt essential for protection from the sun. Warm weather clothing is suitable for Rangoon, Mandalay and Bagan. The Shan highlands and Inle Lake are cooler and in the winter season and temperatures may reach near zero at night, with the mornings often remaining cold. Please dress respectfully when visiting temples and religious sites, covering your torso, shoulders and legs to below the knee and easily removable footwear for convenience as you can only enter sacred sites barefoot. In general, as Burma is a traditional, conservative and largely Buddhist culture we recommend you do not wear revealing clothing.

Footwear

Lightweight walking/hiking boots with good ankle support, trainers and/or sandals for travelling.

Luggage

20kg

Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Equipment

Mobile phones: Mobile coverage in Burma is improving but be aware that your mobile may not work. It is possible to buy a local SIM card for around \$4 in order to make/receive international calls, as long as your phone is un-locked. SMS messaging may not be possible. WiFi is available in most hotels. Torch/Batteries/Bulb: A small torch is recommended for travel in Burma. Street lighting in both cities and rural areas can be very poor so a torch is useful to help light your way while out at night. Additionally power cuts can occur from time to time, particularly in rural areas. Remember to bring some spare batteries. Sleeping bag: The cabins on the overnight train can get cool at night, so a sleeping bag or cottonilk liner is recommended for your comfort.

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 recognized 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 approximately US\$ 35 for this purpose.

Local fees

Cameras and video-cameras are permitted in Burma for which some sites charge a small fee. Restrictions on photography include military facilities and any structure considered strategic (including bridges and train stations though this last may be loosely enforced).

Country Information

Holidays to Burma (Myanmar)

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.

Lunch price

£3

Dinner price

£5

Beer price

£1.8

Water price

£0.7

Foreign Exchange

Local currency

Kyat.

Recommended Currency For Exchange

Carry all your funds in U.S. Dollars cash, larger denominations tend to get better exchange rate. NB - PLEASE ONLY BRING NEW U.S. DOLLAR BILLS (BIG HEADS INSTEAD OF SMALL) AND THEY SHOULD BE NEW AND IN A PRISTINE STATE. ANY OLD, TORN OR MARKED NOTES WILL NOT BE ACCEPTED. U.S. Dollar bills with the series CB will not be accepted for exchange.

Where To Exchange

The official rate is far different from the market rate, we recommend you consult your tour leader for advice regarding the best place to exchange. The exchange booth at airport offers a very poor rate so we recommend you wait until getting into town (taxis accept dollars if agreed beforehand).

ATM Availability

ATMs are becoming more widely available and some hotels may have them, including the Panda Hotel in Yangon. You are more likely to find them in the larger cities, but they are now starting to appear in some of the smaller towns and villages. Please be aware that they are prone to occasional breakdowns so you would be wise to top up your cash before it runs out completely.

Credit Card Acceptance

Credit cards are becoming more widely accepted but you should not rely on them. The places where you are most likely to be able to use them are in the cities of Yangon and Mandalay and there may be a charge.

Travellers Cheques

Not accepted.

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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

Boat, Public Bus, Train

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. Burma: An e-visa is required to enter Burma and must be arranged prior to travel through the following website: <http://evisa.moip.gov.mm/>. Visas are valid for 90 days from issue and allow a 28-day, single-entry visit. You should select Tachliak land border as your port of entry All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

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.

Holidays to Burma (Myanmar)

Vaccinations

Nothing compulsory, but we recommend protection against malaria, tetanus, typhoid, hepatitis A plus Polio and diphtheria. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Following the advice given by the Government's Foreign and Commonwealth Office, we strongly recommend the wearing long sleeved shirts and the liberal application of insect repellent as a precautionary measure to avoid being bitten by mosquitoes. These precautions should be taken at all times as the mosquitoes are also active during daylight hours. 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. Visa and vaccination requirements are subject to change and should be confirmed before departure.

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.
