

# EXPLORE!



## Simply Thailand

THAILAND - TRIP CODE QTT

DISCOVERY

### Why book this trip?

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Travel from the bright lights of Bangkok to the palm-fringed beaches of Krabi. Using a variety of transport and staying in a selection of simple accommodation, this is an adventurous trip that combines some of Thailand's best highlights with remote hideaways, away from the main tourist trail.

- **Bangkok** - Explore the markets and street food stalls of Bangkok's bustling Chinatown.
- **Khao Sam Roi Yot** - Discover the cave pagoda of Phraya Nakhon and spend a night camping on a deserted beach.
- **Koh Phithak** - Try your hand at optional squid fishing and experience warm Thai hospitality in our homestay



**INCLUDED MEALS**  
Breakfast: 11  
Lunch: 1  
Dinner: 2



**TRIP STAFF**  
Explore Tour  
Leader  
Driver(s)  
Local Guide(s)



**TRANSPORT**  
Bus  
Boat



**ACCOMMODATION**  
1 nights simple camping  
2 nights simple homestay  
4 nights comfortable hotel  
2 nights simple hotel  
2 nights comfortable lodge



**TRIP PACE:**  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

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

### DAY 1 - Join trip in Bangkok

Arrive in Bangkok and check-in at the hotel. After meeting the rest of our group in the late afternoon, we embark onto Bangkok's impressive metro system to travel to our evening's destination - Bangkok's bustling Chinatown. The city's frenetic energy is encapsulated within this one kilometre strip of gold traders, street-side restaurants, market stalls, Chinese temples, and of course bright neon lights. We make our way through the melee of stalls where our Explore Leader will explain the history of this area, providing some context for the colourful and exotic scenes in front of us. For those that are hungry, there is a huge array of tasty street food to try, and for those feeling brave, there is the delicacy of this area- deep-fried insects!



**ACCOMMODATION:**  
Royal Rattankosin Hotel (or similar)

**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**





SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

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## DAY 2 - Free day in Bangkok; optional trip to Grand Palace, Wat Arun and Wat Pho

Today has been left free for you to explore Bangkok. There are a number of optional excursions available, enabling you to choose how you discover this fascinating city. One stand-out highlight of Bangkok is the Grand Palace, the city's gleaming and glittering centrepiece. Constructed in 1782, it was the home of Thai royalty for over 150 years, as well as housing the Royal Court and administrative seat of government. Its intricate carved statues, art work and gold-gilded architecture is some of the best in the country, and the complex also houses the Temple of the Emerald Buddha, one of the most sacred temples in the country. Next door to the palace is Wat Pho, otherwise known as the 'Temple of Reclining Buddha'. The iconic temple houses a huge 46 metre long golden Buddha and is symbolic of Buddhism in Thailand. Another popular option is to explore Bangkok's 'Klongs' - a narrow network of waterways navigated by long-tail boats and water taxis, offering a different way of seeing the capital. Other options include cycling through Bangkok's 'Green Lung' in Sri Nakhon Park, a morning excursion to the Damnoen Saduak Floating Market, and a full day trip to visit the temples of the ancient capital of Ayutthaya.



ACCOMMODATION:

Royal Rattankosin Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 3 - Morning drive to Kanchanaburi, afternoon ride along Death Railway

We make an early start today, heading to Kanchanaburi located 128 kilometres west of Bangkok. We visit the world-famous Bridge over the River Kwai and Allied War Cemetery and ride on the train along the infamous Death Railway, before continuing onto the Hellfire Pass. The building of the bridge and railway is one of the most infamous episodes of the Second World War. The Japanese built the railway to link

Siam and Burma (Myanmar) using Prisoners of War between June 1942 and October 1943. We spend time learning about the gruesome history here before boarding a train for a ride along the so-called 'Death Railway', that offers wonderful scenery, but more importantly, context to the information we have taken in.



ACCOMMODATION:  
Apples Retreat (or similar)



Grade: Simple Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 4 - Free day in Kanchanaburi, optional visit to Bridge over River Kwai and rafting**

Today has been left free in Kanchanaburi, where there are a number of different activities available. You could go back and visit the Bridge over the River Kwai, walking across the bridge and along Hellfire Pass, or you could choose to float gently down the Kwai Noi River on a bamboo-raft. The nearby Erawan Waterfalls are well worth seeing, a cascading complex of waterfalls and emerald-green rock pools. It is also possible to arrange a cookery class whilst here.



ACCOMMODATION:  
Apples Retreat (or similar)



Grade: Simple Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 5 - Drive to Khao Sam Roi Yort and walk through a mangrove reserve; camp on the beach**

This morning we leave Kanchanaburi behind and head south towards Khao Sam Roi Yort.

Following a break for lunch we set off on a walk through the mangroves using a series of boardwalks, and here it is possible see several species of rare birds, such as the Oriental Hobby and Spoon-Billed Sandpiper, which use these freshwater marshes as an important breeding area. From the mangroves we continue onto Sam Phraya Beach, our base for the night. We pitch our tents on the fringes of the white sand beach, with the rest of the afternoon free to spend relaxing in the tropical surroundings. Dinner tonight will be taken in a local beach-side restaurant.

Tents are of the 2 person dome style with sleeping mats and bags provided. There is a shower and toilet block with western toilets, and some participation will be required when putting up the tents. There is a cafe on the beach for dinner and where snacks can be purchased, but please note that alcohol is prohibited from being consumed on this beach.



ACCOMMODATION:  
Sam Phraya Beach Camp (or similar)

Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 6 - Morning visit to Phraya Nakho Cave and boat to Koh Phithak Island

After our beach-side breakfast we drive a short distance to Laem Sala and set off on foot to explore the spectacular Phraya Nakhon Cave, with its atmospheric pagoda built within. There is a short but steep ascent up a staircase, but the sights waiting at the top makes the climb worthwhile. After some time spent exploring the cave we then move onto Koh Phithak, where we leave behind the mainland and take a long-tail boat over the short kilometre crossing to the island, before getting settled into our homestay accommodation and meeting the community that will be hosting us over the coming 2 nights. The accommodation here is a mix of twin-share and communal rooms, with some people staying in the homes of locals, whereas some people may be in the community hall. There is access to toilets and showers in a central area, and all meals are provided.



ACCOMMODATION:  
Koh Phitak Homestay (or similar)

Grade: Simple Homestay





SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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### **DAY 7 - Free day on Koh Phithak island, optional island walks, swimming and fishing**

Today has been left free to either relax and soak up the tranquil atmosphere, or to explore the island. There is a short circular walk of around 1-2 kilometres around the island, and there is also the option to take a boat trip out to snorkel the surrounding coral reefs. In the evening you may like to join the local fisherman on a squid fishing quest, where we learn the interesting techniques of this old trade, and if we get lucky our catch can be cooked onboard the boat for us to enjoy - ocean to plate in a matter of minutes.



ACCOMMODATION:  
Koh Phitak Homestay (or similar)



**Grade: Simple Homestay**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 8 - Continue south to Khao Sok National Park; evening jungle walk**

After saying goodbye to our hosts we continue our journey south this morning, heading for our riverside jungle lodge in Khao Sok National Park. Covering an area of some 65,000 sq km, the park is one of the oldest and most bio-diverse jungles in South East Asia, boasting a lush rainforest that is older than those of either the Amazon or Central Africa. This evening we take an exciting night walk with our local guide along jungle trails, learning about the flora and fauna of the park. The park is home to a rich diversity of

wildlife including elephant, tiger and Malaysian sun bear and with some 180 species of birds it is a haven for keen birdwatchers and novices alike, although of course wildlife viewings can never be guaranteed.



ACCOMMODATION:  
Morning Mist Resort (or similar)

Grade: Comfortable Lodge



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 9 - Free day in Khao Sok National Park; optional walks and kayaking

Today has been left free for you to explore the park at your own pace. There is the option to hire canoes and take them on the river. Alternatively if a more relaxing day is preferable then it is possible to swim in the river near the lodge, or simply relax and enjoy the idyllic jungle surroundings with the noises of the rainforest all around, and the sight of monkeys descending from the surrounding canopy to drink at the water's edge.



ACCOMMODATION:  
Morning Mist Resort (or similar)

Grade: Comfortable Lodge



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE





MEALS PROVIDED: BREAKFAST

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### DAY 10 - Morning drive to Krabi, afternoon free at the beach

This morning we leave our jungle surroundings and head for the coast, the beautiful white sand beaches of Krabi our final destination. The journey will take approximately three hours, and after checking into our beach-side hotel, the rest of the afternoon is free to spend at leisure.



ACCOMMODATION:  
Krabi Success Beach Resort (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 11 - Free day on Ao Nang Beach, Krabi; optional island hopping

Today is free to relax on the beach, or you may choose to take one of a number of optional excursions. There is the option to take a speedboat to the idyllic island of Koh Phi Phi that includes swimming and snorkelling in Maya Bay (famous from the film 'The Beach'), discovering Viking Cave and visiting the monkeys living on the aptly named Monkey Island. Other possibilities include a kayaking trip through the mangrove forest of Ao Thanlane, you could visit Krabi's natural hot springs and the emerald lagoon, or take a traditional long-tail boat through the towering limestone cliffs of Phang Nga Bay and visit the famous 'James Bond Island'.



ACCOMMODATION:  
Krabi Success Beach Resort (or similar)

Grade: Comfortable Hotel







SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 12 - Trip ends in Krabi**

The trip ends in Krabi after breakfast.



MEALS PROVIDED: BREAKFAST

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## **Trip information**

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### **Country information**

#### **Thailand**

##### **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>.

<b>Time difference to GMT</b>	<b>Plugs</b>	<b>Religion</b>	<b>Language</b>
+7	2 Pin Round	Buddhism	Thai

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### **Budgeting and packing**

#### **Optional activities**

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were

originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Bangkok: Half day Grand Palace, Wat Pho & flower market by public transport (1,440 THB), full day city tour & klongs (1,880 THB), half day tour of floating market (950 THB), morning cycle of Bangkok's 'green lung' (1,790 THB), full day excursion to ancient Ayutthaya (1,390 THB)

Kanchanaburi: Day trip to Erawan waterfalls (1200 THB), Hellfire Pass visit and trail (1100 THB), Thai cookery class (1800 THB)

Khao Sok NP: 3 hour river canoeing searching for wildlife (920 THB), hot springs of Khao Sok & scenic view point (800 THB) Squid Fishing (830THB)

Krabi: Phi Phi island by speedboat (2530 THB), kayaking through mangrove forest (1650 THB), hot springs & emerald Lagoon (1650 THB), Phang Nga & James Bond island (1900 THB)

Please note prices stated are a guide and may vary up or down depending on the number of participants.

## **Clothing**

Pack essentially for hot weather. Bear in mind that the region is tropical (humid) and that days can be very hot. Lightweight rainwear or an umbrella is advisable all year. Casual clothes are the most practical (something with long sleeves, and long trousers for evenings), and tight fitting garments should be avoided. Laundry facilities are available on the islands. A swimming costume is a must.

## **Footwear**

Comfortable shoes and sandals. Flip-flops or Thongs are useful when hopping on and off boats.

## **Luggage**

20kg

## **Luggage: On tour**

One main piece of baggage and a daypack.

## **Equipment**

A small torch, water bottle and insect repellent. As Khao Sam Roi Yort is a large wetland area, it is particular known for mosquitos so bring a good DEET-based repellent of atleast 50% strength. Bring a beach towel and high factor sunscreen. If you intend to do a lot of snorkelling we recommend you bring your own mask and snorkel, as local equipment is not always top quality. A disposable waterproof camera can be useful whilst snorkelling

## **Tipping**

### **Explore leader**

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that's done a great job or really added to your trip by giving them a

tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline. .

### Local crew

You should allow approximately US\$25.

## Thailand

### 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	Beer price	Water price
£4.00 - 8.00	£1.5	£0.5

### Foreign Exchange

Local currency	Recommended Currency For Exchange
Thai Baht	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.

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## Transport, Accommodation & Meals

### Transport Information

Bus, Boat

### Accommodation notes

Accommodation has been graded as 'simple' on this trip, as it consists of a mixture of good-value simple hotels and guesthouses as well as nights spent in homestays and camping. When camping, some participation will be required to erect the tents, and a toilethower block is available for our use. The homestay accommodation will be a mixture of dormitory style and twin share depending on availability, and central shower and toilet facilities are available

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## 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.

### Price Guarantee

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 and Passport 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 be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

### 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 complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

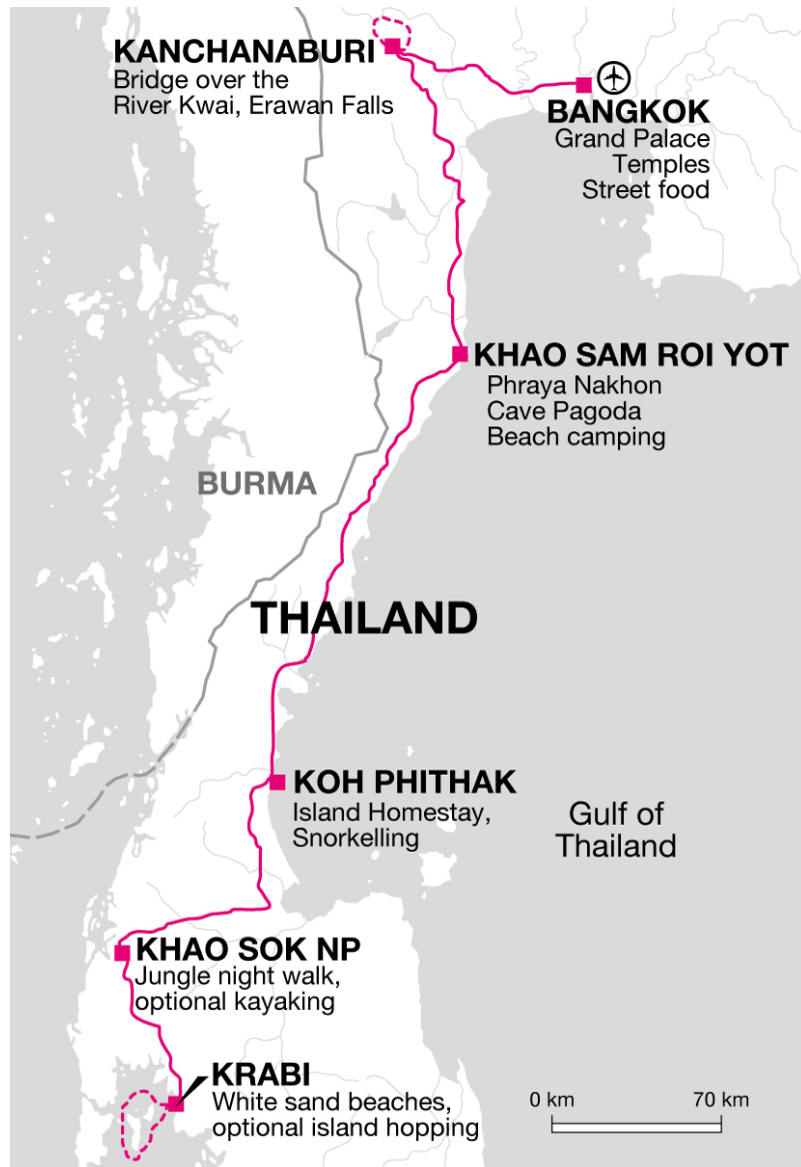
# Thailand

## 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 Dengue, 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. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## Additional Information



## Why book this trip

This is an adventurous trip that explores not just the beaches of southern Thailand, but the lesser-visited mainland too. Accommodation is a mixture of simple hotels, guesthouses, homestays and camping, and there is plenty of free time built in, allowing you the flexibility to choose what you want to see and how you want to explore this region - whether on foot, by kayak, by train, by long-tail boat, by tuk tuk or by bike! The trip ends in Krabi, allowing you to easily extend your time on the beach should you wish.

## Reviews



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**