EXPLORE!



Why book this trip?

Thailand has long been a highly popular destination for families, understandably given its friendly, welcoming reputation coupled with fascinating culture and fantastic food. This two week trip is packed full of activities and experiences to give you an insight into traditional Thai life. Stay in raft houses on the River Kwai, walk through dense rainforests, put culinary skills to the test and relax on Thailand's tropical beaches.

- Bangkok Take part in a Muay Thai boxing training session and absorb local life on a long-tail boat journey through Bangkok's canal network
- Khao Sok National Park Kayak through one of the oldest jungles in Southeast Asia
- Koh Samui Relax among the island's coconut plantations and perfect palm-fringed beaches



MEALS
Breakfast: 13
Lunch: 5
Dinner: 4



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



TRANSPORT
Bicycle
Boat
Ferry
Minibus
Train

Tuk Tuk



ACCOMMODATION



TRIP PACE: Moderate

Itinerary

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

Trip information

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.

Time difference to GMT Plugs Religion Language +7 2 Pin Round Buddhism Thai

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.

A selection of optional activities are listed below to help you budget for your Family adventure. Whilst the basic tour price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for your family.

Bangkok - Long tailed klong boat trip \$18; Thai massage from \$7; Jim Thompson's House \$30, Thai cookery course \$38.

Koh Samui - Thai cookery course \$38.

Krabi - Half day kayaking \$28 (adult), \$21.50 (under 12's). Full day kayaking to Koh Hong incl. lunch \$56 (adult) \$43 (under 12's). Thai cookery course \$33.

Clothing

Pack essentially for \ Hot Conditions\. 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 also for the forest treks), and tight fitting garments should be avoided. Bring a swimming costume. Laundry facilities are available on the islands.

Please Note: shorts, vests, revealing or casual clothes and open backed sandals are not permitted in the Grand Palace.

Footwear

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

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

A small torch, insect repellent, water bottle and a dry bag for kayaking. Bring a beach towel and high factor sunscreen. If you intend to do much 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 and any qualified divers should remember to bring logbooks and certification with

them if intending to dive. You should also bring a cycling helmet for the trip to the caves on day 4, as local equipment may not be sufficient.

Mosquito nets are provided every night on the trip except on the overnight train.

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

In this region, tipping is a recognised part of life across the service industry. Local staff will look to members of the group for personal recognition of particular services provided.

To assist with this your Explore Leader may organise a group tips kitty for included activities and meals, they will then account for kitty use throughout the tour.

For this we suggest £20 per family member.

For all non-included services and meals on your trip please tip independently at your discretion.

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 Credit Card Acceptance

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

Bicycle, Boat, Ferry, Minibus, Train, Tuk Tuk

Accommodation notes

Our hotel in Bangkok offers an outdoor pool, gym, large restaurant serving international and local cuisine and a grand lobby. Rooms are spacious and include all the standard facilities. The hotel is a great introduction to all the families' trips.

The River Kwai Jungle Raft is a special place that does not have electricity has great character. The Jungle Raft is held on a floating platoon type structures. The rooms have a bamboo design with twin beds and mosquito net and a toilethower room. Although we are provided with a small torch and gas lamp it is best to also bring a large torch. The restaurant area has a similar design and is large although with a theatre where the staff entertains with a Burmese traditional dance each night.

The overnight train has berths (not in compartments), arranged each side of a central 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. Although an experience, you do not get a lot of sleep.

The accommodation in Khao Sok is set in jungle type terrain with individual wooden chalets within the grounds with a central main building and a lounge and restaurant area plus a pool area. The accommodation is in twin or triple (double and single bed) with electricity, shower/toilet, veranda and mosquito nets. The accommodation is close to the gates of the national park and is located in jungle grounds.

Essential Information

Government Travel Safety 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 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.

Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

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.

Family information



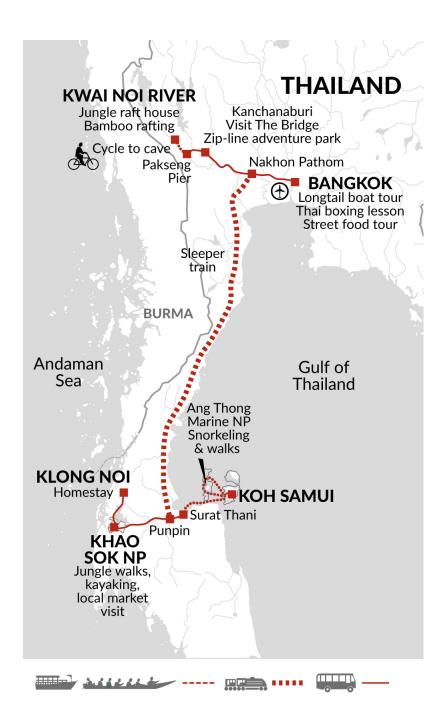
Khao Sok National Park

Triple Rooms: This trip allows the option for triple rooms to be included within the booking on all nights of this trip with the exception of the overnight trains. If you would like this option, please ask our Sales team for further information.

Average Age: As a guide we have identified the actual average age of the children who have travelled on this trip over the last 5 years, to help you decide whether it's the right one for your family. The average age on this trip is 13 years old.

Minimum age: This trip is suitable for children of all ages from 7 upwards.

Additional Information



Why book this trip

This tour is designed for families who want an active and relaxing holiday all combined into one adventure. The active elements are varied and sometimes unusual - how about bamboo rafting, jungle walks and a Thai boxing lesson. The holiday also provides cultural highlights such as visiting the Bridge over the River Kwai as well as opportunities to meet the locals with time in a school and visiting local markets - a diverse adventure that covers the country.









AIRPORT TRANSFERS