

# EXPLORE!

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## Beyond the Mekong

CAMBODIA, LAOS, THAILAND - TRIP CODE BM

DISCOVERY

### Why book this trip?

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This exciting journey uncovers northern Thailand before taking us deep into South East Asia's lesser-visited countries of Laos and Cambodia. Take a slowboat along the Mekong River, explore charming French colonial cities and sample fresh local dishes on this Indochina adventure.

- **Bangkok** - Wander the streets of Thailand's frenetic capital, where east and west collide at every corner
- **Luang Prabang** - Soak up the city's French colonial charm and watch monks line the street at sunrise.
- **Siem Reap** - Explore the once-hidden jungle temples of Angkor



**INCLUDED MEALS**  
Breakfast: 14  
Dinner: 1



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



**TRANSPORT**  
Bus  
Boat  
Flight  
Train



**ACCOMMODATION**  
1 nights simple  
guesthouse  
8 nights  
comfortable hotel  
5 nights simple  
hotel  
1 nights simple  
overnight train



**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 - Tour starts in Bangkok; Optional Longtail Canal trip

Arrive in Thailand's capital, the lively metropolis of Bangkok. The bustling street life of this energetic city is set to a backdrop of colourful, ornate shrines and modern glass-fronted high-rises, which jostle for position to dominate the city's skyline. It is a place where old meets new at every corner. Sample the fresh and tasty street food, haggle in the non-stop markets and take a cruise out on Chao Phraya River to witness stunning sunsets.

For those arriving on time our Leader plans to meet you in the hotel reception at 6pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. There are no other activities planned today, so you are free to arrive in Bangkok at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Suvarnabhumi Airport (BKK), which is 45 minutes from our hotel. Should you miss the welcome meeting, your Leader will inform you of any essential information as soon as you catch up in the lobby at 8am on day 2.

Please note that if you wish to join the Optional Longtail Canal Trip today, you must arrive at the hotel by 1pm. If you are booking your own flights, we recommend giving yourself at least one hour to clear the airport. From the airport to the hotel is around one hours\ drive, so therefore the latest your flight can arrive is 10am.



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

**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

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## **DAY 2 - In Bangkok, visit the Grand Palace and Buddhist temples; take sleeper train to Chiang Mai**

This morning's sightseeing takes us by bus and boat to Bangkok's iconic sights including the spectacular Grand Palace complex with its collection of palace buildings, golden stupas, temples, known as wats, and decorative statues. The most revered of the wats here is Wat Phra Kaeo, the temple of the Emerald Buddha, a small statue carved out of a single piece of jade. We leave the Grand Palace and walk to the largest wat in Bangkok, Wat Pho, famous for its impressive 46 metre gold-plated reclining Buddha. This evening we board the overnight train for Chiang Mai.



ACCOMMODATION:  
Overnight Train from Bangkok to Chiang Mai

Grade: Simple Overnight Train



MEALS PROVIDED: BREAKFAST

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## **DAY 3 - In Chiang Mai, free day to explore or try a Thai cookery class**

Thailand's second city of Chiang Mai, in the north of the country, is surrounded by jungle covered hills at an elevation of 300m and offers a respite from the heat and noise of Bangkok. Today we enjoy an orientation walk of the old walled city, with its many ancient temples. There is free time this afternoon to explore further, perhaps taking an optional excursion to the golden Doi Suthep temple that sits on a hill overlooking the city, or perhaps try your hand at Thai cookery at a class. A visit to Chiang Mai's famous night market is a must this evening; here you will find everything from t-shirts to jewellery to traditional hilltribe crafts.



ACCOMMODATION:

Park Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

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#### **DAY 4 - From Chiang Mai journey by road and boat along the Kok River to Chiang Rai**

This morning we leave Chiang Mai and drive further north through hilltribe country to Tha Ton, a small rural town on the Kok River. Here we board longtail boats for the relaxing cruise downstream towards Chiang Rai. Chiang Rai has a large hilltribe population, attracted by the cool climate and the rolling forested hills. This evening there will be time to explore Chiang Rai's night market, well known for its many food stalls, so a great place to enjoy some street food for dinner.



ACCOMMODATION:

Diamond Park Inn Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 5 - From Chiang Rai travel via the Golden Triangle across the border into Laos**

Today we travel to the interesting fortified city of Chiang Saen which can only be described as a lively one street town surrounded by scattered ruins of temples, crumbling stupas and grass covered walls and ramparts. Founded in 1328, the town was once a Burmese stronghold that was destroyed and re-built many times. From here we continue on to the infamous Golden Triangle, the point of confluence between Thailand, Burma and Laos. Here you will have the option to visit the fascinating opium museum. Towards

the end of the day we cross the border at Chiang Khong into Laos and drive a short distance to the small village of Ban Houei Sai, where we can settle back and begin to enjoy the slow pace of life in Laos.



ACCOMMODATION:  
Houeixai Riverside (or similar)



Grade: Simple Guesthouse



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 6 - Cruise along the Mekong River, overnight in Pakbeng village

This morning we board our boat and start to cruise along the Mekong River. Travel today is slow, but this allows us to absorb the sense of remoteness and timelessness of life on the river. We pass hills covered with dense vegetation, rugged cliffs, small fishing villages with nearby rice paddies and white sandy riverbanks. The Mekong has long been the major trade route for caravans from Yunnan in China to Chiang Mai in ancient Siam. Even today there are few roads through the undulating countryside, so the river remains the lifeblood of the region. In the late afternoon we arrive in Pakbeng village for our overnight stay. Here we can enjoy the warm orange glow of the sunset over the river.



ACCOMMODATION:  
BKC Villa (or similar)



Grade: Simple Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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## DAY 7 - Continue boat journey via Pak Ou Caves to Luang Prabang

This morning we continue our journey along the Mekong River towards Luang Prabang. En route we will

stop and visit Pak Ou Caves where we climb steps up a limestone cliff to reach the sacred Buddhist shrine, crammed with small Buddha images of all shapes and sizes. We arrive at Luang Prabang, the country's former capital, in the afternoon. Situated among the rolling hills of the Upper Mekong River, this tranquil little town is celebrated for its exceptionally lovely setting and its sleepy vibe. We take an orientation walk which includes a visit to Wat Xien Thong, located in a delightful garden on the banks of the Mekong River.



ACCOMMODATION:  
Visoun NamSok Hotel (or similar)



Grade: Simple Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 8 - In Luang Prabang, free day with the option to visit the traditional village of Lao Loum

One of the most peaceful experiences in Laos is seeing hundreds of saffron-robed monks of Luang Prabang walking through the streets at sunrise collecting alms. You may choose to get up early to enjoy this experience. Today has been left free for you to enjoy Luang Prabang as you wish. You may decide to simply wander the streets and absorb the pleasant atmosphere of this former Royal capital, or perhaps visit the Royal Palace Museum. There is also the option to take a tuk-tuk trip to the traditional Lao Loum village, where you can witness women weaving, see paper-making and watch blacksmiths at work. Later this afternoon, we suggest you climb to the temple on top of the small Mount Phousi to enjoy sunset views over town.



ACCOMMODATION:  
Visoun NamSok Hotel (or similar)



Grade: Simple Hotel



SINGLE ROOM AVAILABLE



### DAY 9 - From Luang Prabang, visit Kuang Si Waterfalls; afternoon flight to Vientiane

After breakfast we travel by bus to the beautiful Kuang Si Waterfalls, around 45 minutes from Luang Prabang, with a short stopover at Wat Mai temple. Passing forested hills and several ethnic minority villages we arrive at the limestone falls that cascade into several clear pools below. We return to Luang Prabang for our afternoon flight to the Laos capital of Vientiane.



ACCOMMODATION:  
New Rose Boutique Hotel (or similar)

Grade: Simple Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 10 - In Vientiane, morning city tour; free afternoon with the option to visit the Buddha Park

This morning we explore the low-rise French colonial capital and explore some of the main sights including the Victory Gate, a Triumphal Arch affording us good views of the city; That Luang stupa, said to contain a hair of the Buddha; and Wat Sisaket, packed with fine Buddha images. The afternoon is left free, you may choose to take a visit out of the city to the Buddha Park. In the evening, it is pleasant to promenade along the banks of the Mekong whilst the sun sets over the Thai city of Nong Khai across the border on the western bank.



ACCOMMODATION:  
New Rose Boutique Hotel (or similar)

Grade: Simple Hotel



SINGLE ROOM AVAILABLE





MEALS PROVIDED: BREAKFAST

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### DAY 11 - Fly to Phnom Penh in Cambodia, visit Royal Palace and National Museum of Arts

Leaving Laos we fly to Cambodia and another of Indochina's charming French colonial capitals, Phnom Penh. Here we visit the National Museum of Arts, which contains a notable collection of Khmer Sculpture that has been rescued from the temples of Angkor, giving us a flavour of things to come. We also explore the ornate Royal Palace with its stunning Silver Pagoda.



ACCOMMODATION:

Home Chic Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 12 - In Phnom Penh, visit Tuol Sleng Genocide Museum and the 'Killing Fields'

Today we continue our sightseeing in Phnom Penh and discover some of Cambodia's dark history. We pay a visit to the emotive Tuol Sleng Genocide Museum, once a high school that became the Khmer Rouge's main torture and interrogation centre. We then take a short drive out of the city to the infamous 'Killing Fields' of Choeung Ek, a grim place featuring a huge glass tower memorial filled with human skulls, a truly sombre reminders of the scale of Pol Pot's atrocities. Some people may find Tuol Sleng and the 'Killing Fields' distressing. In the afternoon there is time to explore Phnom Penh further perhaps visiting one of the many bustling markets in the city such as the Russian market; alternatively or we can arrange a private good luck blessing at a local monastery or a cooking class so you can try your hand at Khmer cuisine.



ACCOMMODATION:

Home Chic Hotel (or similar)



Grade: Comfortable Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 13 - Drive to Siem Reap; late afternoon visit Angkor Temples for sunset**

We make an early start for today's drive to Siem Reap, we will pass through small provincial towns and stop somewhere for lunch along on the way. Later in the day after we have checked in to our hotel in Siem Reap we begin our exploration of the ancient temples of Angkor. This incredible ruined city, built between the 9th and the 15th centuries is spread out over some 400 square kilometres, scattered with walled cities and magnificent stone temples, sculptures, causeways and reservoirs, amongst forested areas. Today we will visit some of the earliest of Angkor's temples including Ta Keo, Kravan, East Mebon and Pre Rup. We stay for sunset over the historic temples.



ACCOMMODATION:

Angkor Panoramic Boutique Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 14 - From Siem Reap, return to Angkor to explore temples of Ta Prohm, Banteay Srei and Angkor Wat**

Today we pay a visit Ta Prohm, lying half consumed by the jungle and made famous by the movie 'Lara Croft'; Banteay Srei, a small temple with exquisitely carved lintels, and finally the most iconic of all - Angkor Wat itself. Built in the early 12th century by King Suryavarman II Angkor Wat was first a Hindu and later a Buddhist temple and it is without doubt the epitome of Khmer architecture, a huge three-step pyramid adorned with nine towers, covering an area of 2.5 square kilometres. Its Hindu past is apparent in the beautifully preserved bas reliefs depicting episodes from the Ramayana and the Mahabharata stories.





ACCOMMODATION:

Angkor Panoramic Boutique Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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**DAY 15 - From Siem Reap, option to see sunrise at Angkor Wat; explore Angkor Thom; afternoon flight to Bangkok**

We have a few final hours this morning to visit the temples one last time. You may choose to make an early start and watch the sunrise at Angkor Wat. This morning after breakfast we visit the temples of King Jayavarman VII, including the walled city of Angkor Thom, home to the Bayon, with its serenely beautiful faces and the Terrace of Elephants. Later today we bid farewell to Angkor and fly back to Bangkok.

Please note that from the 1st January 2020 the third tier of the Bayon Temple - the striking centrepiece of the ancient city of Angkor Thom - will be closed until 2022 for extensive restoration. As a result, it will only be possible to view the large stone faces from a distance and it will not be possible to get up close. However, the two lower tiers will remain open and accessible, so it will be possible to view the impressive bas-reliefs and intricate stone carvings around the temple.



ACCOMMODATION:

Royal Rattankosin Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE





MEALS PROVIDED: BREAKFAST

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### DAY 16 - Tour ends in Bangkok

The trip ends after breakfast at our hotel in Bangkok.

There are no activities planned today, so you are free to depart from Bangkok at any time. If your flight is departing later in the day luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Suvarnabhumi Airport (BKK), which is 45 minutes from our hotel.

If you have time you may wish to wander through Chinatown for a different flavour of the city



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Climate and country information

#### Cambodia

##### Climate

Cambodia is a hot and tropical country, being hottest in April and coolest in January (still high 20s). Although rainfall is at its maximum in October, Phnom Penh and Siem Reap receive very little rain compared to the coastal areas, and when it does rain it tends to be in the form of sporadic mid afternoon downpours. There is normally very little rain between December and March.

Time difference to GMT	Plugs	Religion	Language
+14 (PST)	2 Pin Round	Buddhism	Khmer

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#### Laos

##### Climate

The area of Laos and Thailand is tropical 'cool' from November to February, (15 to 27 Degrees Centigrade); 'hot' from March to May (up to 38 Degrees); 'wet' from June to October (rainy, hot and muggy). Bangkok and lowland areas are sticky all year round, but the northern highlands (Luang Prabang) are more temperate with a drier heat. The so-called 'cool' season can get very cold in the uplands at night and in the morning, bring a fleece.

<b>Time difference to GMT</b>	<b>Plugs</b>	<b>Religion</b>	<b>Language</b>
+7	2 Pin Flat	Buddhist	Lao

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## 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 - Longtail boat excursion on the klongs including visit to Royal Barge museum £14

Chiang Mai - Cookery class £23

Chiang Rai - Golden Triangle Opium Museum entrance fee £2

Vientiane - Buddha Park US\$11

Siem Reap - Scenic helicopter flight over Angkor temples from US\$202; Optional sunrise at Angkor Wat US\$12

Phnom Penh - Private Blessing US\$34; Private Cooking class US\$36

The prices stated are based on a minimum number of participants (usually 5-6). Please be aware that the optional excursions can run with fewer people but the price may be higher. Likewise, a slightly reduced price may be applicable where the participation is greater. These excursions are generally run via our agent in the country. Local companies may offer similar excursions at a cheaper price. Should you want to use these companies please be aware that a lower price may mean that not all costs are included (entrance fees etc.) or services will not operate at the same safety and quality standards

### Clothing

Days are hot and humid. Lightweight rainwear or an umbrella can be purchased cheaply if required locally. The northern region is cold at night during the winter (Dec - Feb). A fleece or coat is advisable during this period, in particular during our days on the Mekong.

Laundry facilities available from Luang Prabang onwards. Please note that when visiting temples men and women will need to cover their shoulders (shawls over clothing are not accepted) and shorts are also not appropriate for either sex.

## Footwear

Comfy shoes, trainers & sandals.

## 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

Bring a torch and a water bottle.

## 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

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 £35.

## Cambodia

### 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	Dinner price	Beer price	Water price
£6	£10.00 - 12.00	£1.3	£0.6

### Foreign Exchange

#### Local currency

Riel.

#### Recommended Currency For Exchange

In Cambodia, US\$ is the most commonly used currency (small denomination notes are easier to use).

**Where To Exchange**

Large towns.

**ATM Availability**

There are ATMs in most towns and cities.

**Credit Card Acceptance**

Credit cards are accepted in some large shops and restaurants in Phnom Penh and Siem Reap.

**Travellers Cheques**

They can be hard to change outside of Siem Reap and Phnom Penh; we recommend them for emergencies only.

## Laos

### 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.

<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£6	£0.75	£0.75 - 1.50

### Foreign Exchange

**Local currency**

Kip.

**Recommended Currency For Exchange**

US\$ are the easiest to exchange in Laos.

**Where To Exchange**

All major currencies and travellers cheques are exchangeable in the main towns.

**ATM Availability**

ATMs are available in most major towns and cities including Vientiane, Luang Prabang, Vang Vieng and Savannekhet.

**Credit Card Acceptance**

There is very limited credit card use.

**Travellers Cheques**

Travellers cheques are exchangeable only in the main towns.

## 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.

<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£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, Flight, Train

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## 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, Commonwealth & Development 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.

Laos: A single visa is required for UK, Australian, New Zealand, US and Canadian citizens. This is obtained on arrival into Laos at a cost of 30USD for New Zealand & Australian citizens, 35USD for UK & US citizens and 42USD for Canadian citizens. You will need 1 passport photo for this visa.

Cambodia: A single visa is required by UK, New Zealand, Australian, USA & Canadian citizens and can be obtained on arrival. A passport sized photograph for immigration will also be required. Alternatively you can now obtain an e-visa prior to departure from [www.mfaic.gov.kh](http://www.mfaic.gov.kh)

All visa information should be confirmed with the relevant consulate.

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 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.

## **Cambodia**

### **Vaccinations**

Nothing compulsory, but we recommend protection against malaria, infectious hepatitis, tetanus, typhoid, diphtheria and polio. Consult your GP regarding tablets advised for malaria. Though not compulsory, travellers may wish to immunise themselves against Japanese encephalitis. 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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## Laos

### Vaccinations

Nothing compulsory, but we recommend protection against malaria, typhoid, tetanus, diphtheria, polio and hepatitis A. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Although not compulsory, travellers may wish to immunise themselves against Japanese encephalitis. 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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## 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 classic route through this part of Indochina is a favourite with our customers. You will take an in-depth look at the north of Thailand before travelling into Laos and then on to Cambodia. You will see the highlights of three countries in two weeks and experience the diversity of the region. This is a great holiday for travellers who want to see as much as possible in a relatively short time.

## Reviews



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**