

EXPLORE!



Why book this trip?

Southern Thailand's warm, clear waters and west coast tropical islands provide a perfect winter getaway. Combine some of the world's most beautiful beaches by kayak, speedboat and longtail boat with time to explore ancient jungles that are home to whooping gibbons, long tailed macaques and wild elephant. A few days in Bangkok adds contrast with the opportunity to try Thai boxing and cruising the city's klongs.

- **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** - Enjoy guided jungle walks and a canoe trip through this ancient jungle
- **Khao Lak** - Do as much or as little as you like in this unspoilt beach destination, with a full day snorkeling around the Similian Islands
- Please note that departures in 2020 follow a different itinerary.



INCLUDED MEALS
Breakfast: 12
Lunch: 1



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



TRANSPORT
Bus
Boat
Ferry
Train



ACCOMMODATION
2 nights premium
hotel
6 nights
comfortable hotel
2 nights
comfortable lodge
2 nights simple
overnight train



TRIP PACE:
Relaxed



GROUP SIZE:
14 - 20

Itinerary

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

DAY 1 - Trip starts in Bangkok

Arrive in Bangkok, the bustling capital of Thailand famous for its street vendors serving up tasty Thai food, bright lights, tuk tuks and khlong boats plying the network of canals and waterways.

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 Bangkok's Suvarnabhumi International airport (airport code BKK), which is 30km, between 30 minutes and an hour from the hotel. Should you miss the welcome meeting, your Leader will inform you of any essential information as soon as you catch up.

If your flight arrives earlier in the day, perhaps you might choose to join a sight-seeing tour this afternoon of the Grand Palace and rambling complex of Wat Po. Older than the city itself, this is home to a reclining Buddha which is a 46 metre golden plated statue depicting Lord Buddha as he enters Nirvana. Another option is to visit the Rattanakosin Exhibition Hall. This interactive museum is regarded as one of the best in Thailand and helps to bring Bangkok's history and culture to life.



ACCOMMODATION:
Royal Princess Larn Luang Hotel (or similar)

Grade: Premium Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Thai boxing session and long tail boat cruise. Overnight train to Surat Thani

This morning, we visit the Sor Vorapin Gym - the famous Muay Thai training camp, where we will watch Thai Boxing experts in action. Afterwards, we will have the chance to try out training techniques of the traditional martial art in a training session. This afternoon, we head to Tha Tien Pier where we cruise in a traditional long-tail boat along Thonburi's klongs (canals). This is the ideal way to explore Bangkok's network of meandering waterways that continue to serve as an important thoroughfare in the city. Along our route, we watch local life taking place around us - vendors pass by on small wooden boats that are filled with vegetables and noodles to be sold to canal-side homes. We may even see the postman making his deliveries in his engine-powered banana-boat. This evening, we head to Siam Paragon Food Court, where we can enjoy a traditional Thai food dinner with the opportunity to shop in the area for souvenirs before we take the overnight train.

Berths are not in compartments, but are arranged open plan either side of a central aisle. During the evening and morning part of the journey, pairs of seats face each other on each side of the aisle. At night, each pair of seats pulls together to form the bottom bunk, and an upper bunk folds out from the wall. The attendant will make up your bunk with a proper mattress and a pillow, bedding and blanket. There's plenty of luggage room. A steward or stewardess from the restaurant car may come round and take your food or drink order, offering you a set menu with several choices, around 180 baht for dinner and 100 baht for breakfast. The meal will be delivered to your seat although you may want to have this in the restaurant car. Toilets and hand wash sinks are located at the end of each carriage.



ACCOMMODATION:

Overnight Train from Bangkok to Surat Thani

Grade: Simple Overnight Train



MEALS PROVIDED: BREAKFAST

DAY 3 - Travel to Khao Sok National Park with canoe ride throughout the park

Arriving in Surat Thani (Punpin) early this morning, there should be time to purchase breakfast at one of the small cafes near the station, before we transfer to our jungle lodge in Khao Sok National Park. Covering an area of some 65000 square kilometres, the park is one of the oldest and most bio-diverse

jungles in South East Asia. In fact, it boasts lush rainforest that is older than that found in the Amazon or Central Africa. Set against a spectacular backdrop of towering limestone mountains, the park is home to a rich diversity of wildlife, including elephant, tiger and the Malaysian sun bear. Some 180 species of birds are also in residence - a delight for both keen birdwatchers and novices alike.

This afternoon, we will enjoy a canoe ride along one of the tributaries that snake through this natural wonderland. Here, the sounds of gibbon calls mingle with the flowing river. The park is also a haven for a wide variety of exotic plants, including bamboo, fig, palms and the carnivorous pitcher plant, which gruesomely consumes its prey in its specially adapted 'bag'. Our jungle lodge will be our base for the next two nights. In this magical setting, we can look forward to the sight of monkeys descending from the surrounding canopy to drink from the river.



ACCOMMODATION:
Morning Mist Resort (or similar)



Grade: Comfortable Lodge



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Included guided jungle walk with time to relax

Our second day in the jungle sees us enjoying a guided walk through the dense forest keeping our eyes peeled for mischievous monkeys playing in the canopy above and watching out for colourful hornbills and kingfishers as they dart amongst the trees. The rest of the day is then free to indulge, explore or relax as you see fit. Our lodge is set close to the river, so a swim in this idyllic and unique setting is a welcome possibility. It is also possible to hire a canoe to explore a bit further afield. This evening, there is the option to go on a walking jungle safari, to witness the jungle bursting with life at night.



ACCOMMODATION:
Morning Mist Resort (or similar)



Grade: Comfortable Lodge



SWIMMING POOL AVAILABLE





MEALS PROVIDED: BREAKFAST

DAY 5 - Ferry to Koh Lanta where we transfer to our hotel for a free afternoon

After driving to Krabi, we take the ferry to the first of our island paradises, Koh Lanta. Referred to by locals as the 'Island of Long Beaches', its white sands and forested hills provide the ideal backdrop for our three-night stay. On our journey to the island, we may be accompanied by dolphins and flying fish, so keep your eyes peeled. After checking into our hotel, you can spend the rest of the day as you wish, maybe choosing to relax on one of the superb beaches. Inhabited largely by villagers who arrived here from Malaysia 200 years ago, this beautiful island is 25 kilometres long, with a steep ridge forming a forested interior. Parts of its lush interior are cultivated, but most villagers are still involved in the time-honoured occupation of fishing.



ACCOMMODATION:
Nakara Long Beach Resort (or similar)



Grade: Comfortable Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Boat trip to Koh Phee, kayak around rock island of Koh Talabeng

Today, we plan to take a trip to the islands of Koh Phee and Koh Talabeng by long-tail boat. Koh Phee is known as Ghost Island because of the way it looks from afar. Here, we will find fascinating caves, filled with stalagmites, stalactites and fossils. Next, we will explore the large rock island of Koh Talabeng by kayak, discovering its many caverns and caves which were once used by pirates as shelter. We can look forward to lunch on a beautiful and isolated beach before getting back into our long-tail boat for our return to Koh Lanta.



ACCOMMODATION:
Nakara Long Beach Resort (or similar)



Grade: Comfortable Hotel





SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Day trip to Koh Phi Phi Island with included snorkelling

Today, a speedboat takes us to Koh Phi Phi. Rising out of the warm water, the island's magnificent limestone cliffs and white sand are famous for providing the iconic backdrop to the Leonardo Di Caprio film, 'the Beach'. Our relaxed day here includes visits to some excellent snorkelling sites and beaches.



ACCOMMODATION:
Nakara Long Beach Resort (or similar)

Grade: Comfortable Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 8 - Ferry to Koh Hai with its white sandy beaches and coral reefs

A short boat transfer this morning takes us to the beautiful island of Koh Hai - the least developed of the islands and where we stay this true island paradise. With its fine white sandy beaches, clear turquoise waters and beautiful coral reef, this saw-toothed landscape of ragged limestone outcrops and evergreen forests offers a spectacular setting for our three-night stay. The rest of today is free to do as much or as little as you like.



ACCOMMODATION:
Koh Hai Fantasy Resort (or similar)

Grade: Comfortable Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 9 - Boat excursion to Koh Muk and Emerald Cave. Free time for optionals

This morning, we take a boat to the nearby Trang Andaman Island of Koh Muk, where we stop off to visit the stunning 'Emerald Cave' (Tham Morakot) with an 80-metre limestone tunnel that takes us to an inland beach. Surrounded by an enclosed cliff that is covered in vegetation and an open pool of emerald-coloured water, the island is the perfect place to relax and unwind. Further options here include snorkelling, or a walk through the forested interior to the other side of the island. Returning to Koh Hai later in the morning, the rest of your day is free to enjoy as you wish.



ACCOMMODATION:
Koh Hai Fantasy Resort (or similar)

Grade: Comfortable Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 10 - Free day with optional snorkelling to the Koh Rok Islands

Today is free to spend as you choose. One option is to take a private snorkelling tour to the twin Koh Rok Islands. With just 100 metres between the unspoilt gems of Ko Rok Nok and Ko Rok Nai, it is possible to swim between them. The long reef found here is a snorkeller's paradise, extending for a square mile with both soft and hard corals. Glass-clear waters provide a visibility of up to 20 metres. Only marine park rangers live here so the islands remain totally unspoilt. Ko Rok Nok is particularly famous for its beaches, with Ao Man Sai ranked among the best in Thailand. Lush rainforest close by boasts a wide range of vegetation including numerous mangrove trees and huge banyan trees that are about six metres wide that gives the beach its name. This evening, you may choose to enjoy a sunset-cruise on a long-tail boat.



ACCOMMODATION:
Koh Hai Fantasy Resort (or similar)

Grade: Comfortable Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 11 - Ferry to Pakmeng Pier and then drive to Trang to catch the overnight train

After a free morning, we say goodbye to our island paradise and take a short boat journey to Pakmeng Pier. From here, we drive to Trang to catch the overnight train back to Bangkok for our final full day of the tour



ACCOMMODATION:

Overnight train from Trang to Bangkok



Grade: Simple Overnight Train



MEALS PROVIDED: BREAKFAST

DAY 12 - Free in Bangkok. Optional Tuk Tuk ride to the Grand Palace, Emerald Buddha and Wat Po

After arriving in Bangkok why not try a traditional Thai breakfast of Jok Moo (rice porridge), Khanom Kluk (coconut pancake) and Khao Neow Moo Ping (grilled pork and sticky rice) or similar before transferring to our hotel (check in time is usually from 14.00hrs), the rest of the day is free to use as you wish. One option is to join a sightseeing tour. Travelling by tuk-tuk, you will head for the magnificent Grand Palace, where a local guide will show you around. Regarded as the most impressive site in the city and dating from the 18th century, this huge edifice represents the re-emergence of the Thai nation, after years of Burmese oppression. Its unrivalled collection of palaces, golden stupas, Wats (temples) and ornately decorative statues are definitely worth exploring. The tour continues by foot to the rambling complex of Wat Po. Older than the city itself, this is home to the fabulous reclining Buddha - a 46-metre golden plated statue, depicting Lord Buddha as he enters Nirvana. Those who choose to join this tour will return to the hotel by tuk-tuk and have the rest of the day to spend as they wish.



ACCOMMODATION:

Royal Princess Larn Luang Hotel (or similar)



Grade: Premium Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 13 - Tour ends 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 Bangkok's Suvarnabhumi International airport (airport code BKK), which is 30km, between 30 minutes and an hour from the hotel.



MEALS PROVIDED: BREAKFAST

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.

Bangkok - Excursion on Tik Tuk to Grand Palace, Emerald Budha and Wat Po

Khao Sok NP - Night Safari US\$25

Koh Lanta - Snorkelling trips US\$35

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. A fleece is useful for the overnight train. Laundry facilities are available on the islands. A swimming costume is a must and waterproof sandals are a good idea for wading out of boats. When visiting the Grand Palace in Bangkok shorts are not permitted and shoulders and feet must be covered.

Footwear

Comfortable shoes and sandals. Flipflops 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 and insect repellent. 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. Any qualified divers should remember to bring logbooks and certification with them if intending to dive.

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 \$25 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

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

Credit Card Acceptance

Major stores and restaurants.

Travellers Cheques

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

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Ferry, Train

Family swimming

The hotels have pools plus you can swim when staying on the islands.

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.

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 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.

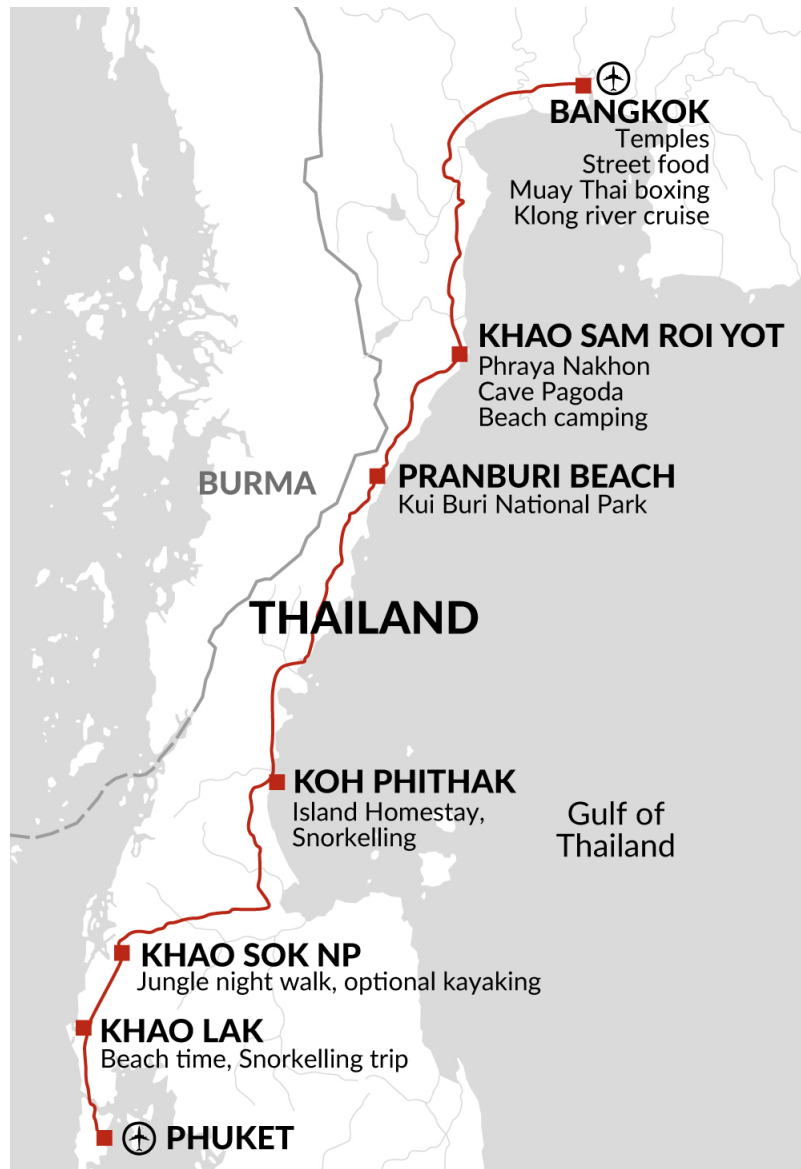
Family information

Southern Thailand is blessed with warm clear waters, tropical islands, dense jungles and generous hospitality, making it a perfect introduction to South East Asia for families. With time split between vibrant Bangkok, tranquil Khao Sok with its spectacular landscape of limestone cliffs soaring out of its lakes and a week hopping between tropical islands it's an action packed family adventure.

Triple Rooms: This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - 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 the last 5 years, to help you decide whether it's the right one for your family. The average age on this trip is 11 years old, this trip is suitable for children of all ages.

Additional Information



Why book this trip

This tour is designed for families who want an a relaxing holiday with a few added activities which are varied and sometimes unusual - how about jungle walks, a Thai boxing lesson and a canoe ride in the jungle !. The holiday also provides a number of beach stops and overnight stays with plenty of time to relax and snorkel in the crystal clear waters of the Indian Ocean.

Reviews



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**