EXPLORE!

TRIP NOTES

Comfort Itinerary Version (TMTH3)

TRIPDURATI
12
DAYS

Trip Code: TMT

Trip Essentials

Accommodation: 3 nights Premium Hotel
Included Meals: 9 breakfasts, 2 lunches, 0 dinners
Transport:
Countries: Thailand

Tailormade Thailand - Rainforest and Coast

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Your trip itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Overnight flight to Thailand

Depart the UK on your overnight flight to Bangkok.

Why Book this trip?

Although the climate varies within the country, Thailand is a good year round destination. For the bulk of the country the months from November to April offer pleasantly cool, dry conditions making it perfect for travel. On the southern peninsular the climate differs between the east and west coast. East coast beaches receive their warmest temperatures during our summer months, whilst the west coast enjoys their warm, dry conditions during our winter and spring.

Included Meals: None

DAY 2 Arrive in Bangkok

Upon arrival in Bangkok, you will be transferred to your hotel and have free time to relax and explore this afternoon.

Overnight: **Premium Hotel** **Swimming Pool Available**

Included Meals: None

DAY 3 Bangkok city tour by long-tail boat

Today you have a tour of Thailand's capital, including a visit to the Grand Palace and Temple of the Emerald Buddha. This large complex is home to over 100 ornate and colourful stupas and temples; the King still resides in the adjoining palace. You'll then continue to Wat Pho and visit the huge 16th century Reclining Buddha. Part of the temple compound is a Thai Traditional Massage School, the first temple teaching massage, and you'll have the opportunity to have a short visit. Your tour continues through the local market to the Chao Phya River, where you have a long-tail boat trip, the perfect way to relax and see everyday life along the riverbanks.

Overnight: **Premium Hotel** **Swimming Pool Available**

Included Meals: Breakfast, Lunch

DAY 4 Overnight train to Surat Thani

This morning is free to explore the city a little further. You may wish to ask your Tailormade Regional Specialist to arrange a visit to Jim Thompson's House. The beautiful teak buildings are home to the textile designer's huge collection of south-east Asian art. Or why not take the sky train to Bangkok's huge Chatuchak Weekend market, where over 15,000 stalls sell everything from clothes to home ware, food to tribal handicrafts and much more. This evening board your overnight train for your journey south to Surat Thani.

Included Meals: Breakfast

DAY 5 Khao Sok National Park

You arrive into Surat Thani early this morning and head inland to Khao Sok National Park. A three-hour walk takes you through the jungle, to hidden waterfalls and refreshing swimming spots. You'll then meet your elephant and enjoy a ride deeper into the jungle. Spend the evening relaxing at your lodge, listening to the jungle sounds and looking out for bats and fireflies.

Included Meals: Breakfast

DAY 6 Khao Sok National Park

Today is yours to discover Khao Sok National Park. First, you'll head off by long-tail boat to enjoy tranquil Chiew Lan Lake, surrounded by mountains. Next, continue to your jungle rafthouse, from where you can get close to nature by exploring by sea kayak in the coves around your accommodation.

Included Meals: Breakfast, Lunch

DAY 7 Continue to Krabi

Departing the jungle this morning you will be driven to Krabi on the southern coast where limestone karsts jut from the mangroves, and secluded coves hide pristine beaches. This afternoon has been left free for you to explore at your leisure.

Included Meals: Breakfast

DAY 8 Krabi

Today is a free day to relax and enjoy your idyllic surroundings, whether it's the golden beaches, swimming pool or a delicious seafood barbecue for lunch.

Included Meals: Breakfast

DAY 9 Free day

Today is at leisure, you may choose to explore the mangrove forests, lagoons and islands around Krabi from your kayak. Alternatively ask your Tailormade Regional Specialist to book a day trip to Koh Phi Phi where you can swim with colourful fish at Lohsamah and Monkey Bay, snorkel among coral gardens and laze on white sand beaches at Maya Bay

Included Meals: Breakfast

DAY 10 Krabi and Bangkok

Enjoy your last moments at the beach, before flying back to Bangkok.

Overnight: **Premium Hotel** **Swimming Pool Available**

Included Meals: Breakfast

DAY 11 Fly to the UK

This morning is free for you to do some last minute sightseeing and souvenir shopping before transferring to the airport for your flight to the UK.

Included Meals: Breakfast

DAY 12 Arrive UK

Your flight arrives back in the UK this morning.

Included Meals: None

Accommodation and Meals

Food & Drink

Included meals: 9 breakfasts, 2 lunches,0 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

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.

Thailand

Lunch £: 3.00 - 5.00

Dinner £: 4.00 - 8.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Thailand

Bottle of Beer £: 1.50

Water £: 0.50

Foreign Exchange

Thailand

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.

Local Currency: Thai Baht

Recommended Currency for Exchange: We recommend that you bring your money in GBP or US$.

Where to Exchange: Most major towns and on the islands - your Tour Leader will advise you on arrival.

Joining your Trip

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 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 on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to https://www.explore.co.uk/transfers.

Joining Tour Abroad

Customers booked on the ‘Land Only’ arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to https://www.explore.co.uk/transfers.

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.

Important Information

Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Travel Aware

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 follow the link at www.explore.co.uk/travel-safety
We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination.

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.

Vaccinations & Protection

Thailand

Nothing compulsory, we recommend protection against malaria, typhoid, tetanus, diphtheria, polio and infectious hepatitis. Although not compulsory, travellers may also wish to immunise themselves against Japanese encephalitis. Consult your travel clinic for latest advice on Malaria and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare provider.

Preparing for your Trip

Climate

Thailand

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.

Luggage allowance on trip:

Unfortunately it does occasionally happen that luggage does not always reach its destination on the same flight as its owner, or possibly it may be damaged in transit. If you are unlucky enough for this to occur, it is important that you file a PIR (Property Irregularity Report) with the airline before leaving the airport. This is essential when you come to make a claim either against the airline or from your travel insurance company

General Information

Country details

Thailand

Population: 67,000,000

Size of Country: 514,000 sq km

Major Language: Thai

Religion: Buddhism

Time Difference to GMT: +7

Electric Supply & Plugs

Thailand

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's LicenceÂ granted by the Civil Aviation Authority.Â Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 3 itinerary versions are applicable to tours departing in 3. 4/ itinerary versions are applicable to tours departing from 1st January to 31st December 4.

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