EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Family River Kwai and Jungle Adventure Summer (FOT 2016 KOH SAMUI)

CULTURAL DISCOVERY

TRIPDURATI
14
DAYS

Tour Style: Classic
Tour Pace: Moderate

Tour Type: Small Groups
Accommodation
Grade: Standard

Trip Code: FOT

Trip Highlights - Family River Kwai and Jungle Adventure Summer

- ✓ 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
- ✓ River Kwai - Stay in a raft house; explore on a bamboo raft and visit the infamous bridge
- ✓ Khao Sok National Park - Kayak through one of the oldest jungles in Southeast Asia
- ✓ Kapong - Join in with lessons and games at a school
- ✓ Koh Samui - Relax among the island's coconut plantations and perfect palm-fringed beaches

Trip Essentials

Accommodation:	3 nights Hotel 2 nights Simple Raft House 2 nights Simple Overnight Train 2 nights Standard Lodge 2 nights Simple Guesthouse 2 nights Standard Hotel
Included Meals:	13 breakfasts, 6 lunches, 5 dinners
Start Point:	Join trip: Bangkok
End Point:	Trip ends: Bangkok
Transport:	Train, Boat, Minibus, Bicycle, Ferry, Tuk Tuk
Countries:	Thailand
Minimum Age:	From 8 years

Family River Kwai and Jungle Adventure

This trip is packed full of activities and experiences to give you an insight into traditional Thai life. We stay in raft houses on the famous River Kwai, walk through dense rainforest and experience the warm hospitality of local school children. We try a little bit of everything, from cookery to cycling and cities to beaches.

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.

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, a Thai boxing lesson and 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.

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.

Accommodation Grade: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Tour Pace: Moderate

These moderately paced tours provide some busy days with plenty of experiences to enjoy, as well as time to relax along the way.

Your trip itinerary

Tour itinerary notes

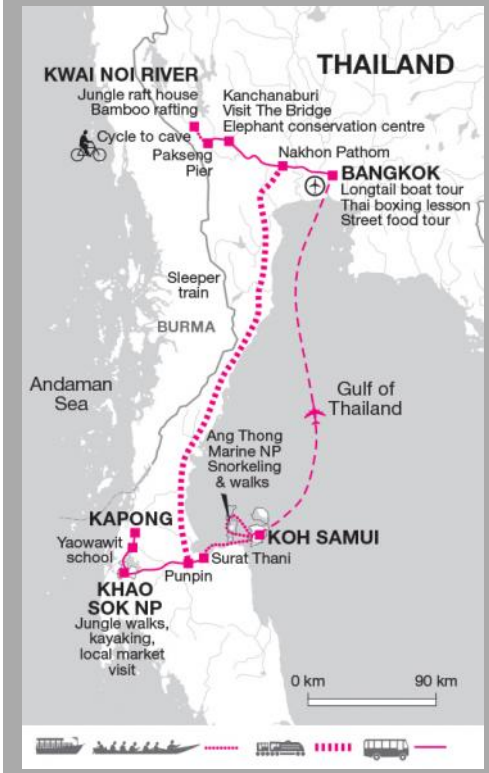
While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

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 Join tour Bangkok; optional city tour by tuk tuk

After checking in to our hotel base for the next two nights, the rest of the day is free to use as you wish. You may choose to join a sight-seeing tour this afternoon. 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 oppression by the Burmese. 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 a reclining Buddha which is a 46 metre golden plated statue depicting Lord Buddha as he enters Nirvana. After our briefing this evening, we can look forward to a tour of a small street food market in nearby Wat Saket which gives a wonderful example of local life and its customs, Dinner tonight is at a restaurant which reputedly serves the country's best Pad Thai.

Overnight: **Hotel**
Triple Room Available **Swimming Pool Available**

Included Meals: Dinner

DAY 2 Thai boxing session and tour of the city by long tail boat

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 return to our hotel.

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

Included Meals: Breakfast

DAY 3 Optional cookery course; Afternoon boat trip along Kwai Noi River

After visiting a local market this morning, you have the opportunity to take part in a Thai cookery lesson, in which you can create up to three different dishes. Five basic flavours make up Thai cuisine - sweet, sour, salty, creamy and spicy and you learn how to combine these rich tastes with the freshest ingredients. This afternoon, we drive to Pakseang, in Kanchanaburi province where we board a long-tail boat for the 45-minute journey to our raft house accommodation on the Kwai Noi (River Kwai). We spend the next two nights in this spectacular jungle setting with the rest of today free to relax and enjoy at your own pace. The resort is located in tranquil and natural surroundings of tropical forests and scenic mountain ranges with an eco-approach that includes having candles and lanterns rather than electricity, preserving the Mon culture by including traditional furniture within the lodges and assisting in providing decent living conditions for the elephants in the area. The river flows underneath the floating rafts with guest rooms made from bamboo that are weaved into the wall reflecting traditional Mon living.

Overnight: **Simple Raft House**

Included Meals: Breakfast, Lunch, Dinner

DAY 4 Bamboo rafting; Afternoon cycle to limestone caves

This morning, we walk to a nearby Mon village from where we board bamboo rafts to explore more of the Kwai Noi. The Mon people are spread throughout Burma and the western provinces of Thailand. They are believed to have originated in either India or Mongolia, travelling south into the Chao Phraya Valley sometime during the 1st century BC and have been accredited with introducing Theravada Buddhism to the area. This afternoon, we take to the saddle for a cycle ride out to some impressive limestone caves. Lawa Cave is the largest cave in the Kanchanaburi province with a narrow entrance that opens up into several chambers including the Music, Throne and Curtain Chambers with numerous stalactites and stalagmites in full display. The caves are home to the world's smallest bat, the Khun Kitti, which weighs only 2 g, is 2.5 to 3 cm long and has wing-span of 10cm

Overnight: **Simple Raft House**

Included Meals: Breakfast, Lunch, Dinner

DAY 5 Try out a 40 station zip-line, visit the Bridge over the River Kwai and take an overnight train

We board our private long tail boat to a local pier and drive to Kanchanaburi where we experience an adventure climbing and zip-line park. The park offers an extensive zip-line adventure canopy within the forest where you travel from one platform to another through an assortment of rope bridges, Tarzan swings, flying skateboards, a tight rope walk and zip lines. For customers wishing to relax during this time, there is a swimming pool and hot spring pools within the complex. There is a minimum height restriction of 140cm to undertake this activity. We then travel to the infamous 'Bridge over the River Kwai', where over 16,000 allied prisoners of war and an estimated 75,000 Asian forced labourers lost their lives building the 'Death Railway'. One of the most notorious atrocities of the Second World War, the bridge and railroad were built between June 1942 and October 1943 by the occupying Japanese to link Siam with neighbouring Burma (Myanmar). After spending some time at the bridge, we continue on to the railway station at Nakhon Pathom, from where we board the overnight train south to Punpin and the Gulf of Thailand. 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.

Overnight: **Simple Overnight Train**

Included Meals: Breakfast, Lunch

DAY 6 Arrive Punpin and drive to Khao Sok National Park; Afternoon free to explore

Arriving in Punpin first thing in the morning, we may have the chance to visit a local market before driving to the verdant Khao Sok National Park. Covering an area of some 65 square kilometres, the park is one of the oldest and most bio-diverse jungles in South East Asia, boasting a lush rainforest that is older than those of either the Amazon or Central Africa. Set against a spectacular backdrop of towering limestone mountains, it is home to a rich diversity of wildlife, including elephant, tiger and the Malaysian sun bear. With some 180 species of birds in residence, it is also a haven for keen birdwatchers and novices alike. We go on a guided walk through the surrounding jungle keeping our eyes peeled for mischievous monkeys playing in the canopy above and watch out for colourful hornbills and kingfishers as they dart amongst the trees. The park is also a haven for a wide variety of exotic plants, including bamboo, fig, palms and the carnivorous pitcher plant. The rest of the day is then free to indulge, explore or relax as you see fit. Our jungle lodge accommodation 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.

Overnight: **Standard Lodge** **Swimming Pool Available**

Included Meals: Breakfast

DAY 7 In Khao Sok National Park; jungle canoe adventure and free time

Our second day in the jungle sees us exploring by canoe. Gently floating down the Khao Sok River, this is a very relaxing way to take in the astounding surrounding beauty. Passing towering cliffs and shoals of vibrant fish, we have the chance to break our journey with a swim in the cool waters. Along the way, our guide will show us brightly coloured birds and monkeys on the shore, and maybe even a snake or two hanging high up on the trees. The rest of the day is free for you to spend as you wish. This evening, there is the option to go on a walking jungle safari and witness the jungle bursting with life at night.

Overnight: **Standard Lodge** **Swimming Pool Available**

Included Meals: Breakfast

DAY 8 Drive to Kapong and meet and play with the children from the Yaowawit School

Today, we travel the short distance to Kapong where our next two nights are in guesthouse accommodation close to the Yaowawit School - a welfare boarding school for children from underprivileged families. Initially founded to help child victims of the 2004 tsunami, the school has expanded and refocused its mission to give a practical education to young victims of poverty. During our time here, we join the students in their daily school activities such as learning Thai music, photography and fitness classes. In the afternoon, we accompany the students on their Sunday trip to a local waterfall or beach. Later, we have the opportunity to enjoy games with the students, and maybe even a football or volleyball match before ending the day by joining in with their meditation. Note; the schools daily routine may change slightly so the activities described may be altered.

Overnight: **Simple Guesthouse**

Included Meals: Breakfast, Lunch, Dinner

DAY 9 Visit a local town and re-join the Yaowawit students to play football or theatrical activities

Our second day in Kapong starts with a visit to the town of Takua Pa or Nam Kem where we walk through the old town and discover some of its charms with lunch in a traditional Pad Thai restaurant before visiting Wat Narai - a temple where important finds have been made that have provided evidence about how the introduction of Indian culture was established in the area. Later this afternoon, we rejoin the Yaowawit school students for one of their vocational classes, focusing on topics such as farming and hospitality and an afternoon lesson where we enjoy participating in various games with the students such as volleyball and football as well as volunteer projects such as theatre classes. This evening, you can choose between dinner at a local restaurant or in the lodge's restaurant.

Overnight: **Simple Guesthouse**

Included Meals: Breakfast, Lunch, Dinner

DAY 10 Ferry to Koh Samui and transfer to beach accommodation

Transferring by road to Don Sak Pier, we then catch the ferry to Koh Samui. This island is the largest in the Samui Archipelago and is known for its distinctive mix of quiet palm fringed beaches, backpacker resorts and coconut plantations. Our beachside accommodation for the next two nights is in the north of the island. This area is more relaxed than the bustling east coast and retains a laid back atmosphere that is perfect for families. The rest of the day is free for you to relax and explore at your own pace. You may choose to take to the waters with mask and snorkel, or simply wander the palm-fringed beaches and trails around the island. Koh Samui has a slightly different feel to many of the other islands in southern Thailand, owing in part to the influence of the Hainan islanders, who first settled the island 150 years ago. The Chinese influence is still visible in some of the buildings in Na Thon, and some descendants of the original settlers still live in the area.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: Breakfast

DAY 11 Boat trip to Ang Thong National Marine Park

Today we will visit the beautiful chain of islands that make up the Ang Thong National Marine Park. Once renowned as a haven for pirates, this stunning archipelago's reputation now centres on its pristine beaches, remote bays and virginal rainforest. These limestone islands are home to sea otters, monitor lizards, dolphins and wild pigs. Our day will be spent walking, snorkelling and swimming in this idyllic setting.

Overnight: **Standard Hotel** **Swimming Pool Available**

Included Meals: Breakfast, Lunch

DAY 12 Koh Samui and train back to Bangkok

Today's free time affords the opportunity for more swimming, beachcombing and relaxing on the island. Alternatively, there is the option to partake in another Thai cookery course. We later take the ferry back to Don Sak on the mainland, from where we transfer to Surat Thani for our overnight train back to Bangkok.

Overnight: **Simple Overnight Train**

Included Meals: Breakfast

DAY 13 In Bangkok with optional visit to interactive museums, Golden Mount or Ocean World

After arriving in Bangkok and transferring to our hotel, the rest of the day is free to use as you wish. You may choose to visit the Rattanakosin Exhibition Hall – just a short distance from our accommodation. This interactive museum is regarded as one of the best in Thailand and helps to bring Bangkok's history and culture to life. Another option is a visit to Wat Saket, known as The Golden Mount. Here, a Buddha relic is housed in a gleaming gold temple, attracting worshippers throughout the year. Alternatively, you may choose to visit Siam Ocean World – one of the largest aquariums in South East Asia.

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

Included Meals: Breakfast

DAY 14 Tour ends Bangkok

Our tour ends today in Bangkok.

Included Meals: Breakfast

Ability to swim required

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.

Accommodation and Meals

Accommodation Rating

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 toilet/shower 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.

Food & Drink

Included meals: 13 breakfasts, 6 lunches,5 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

Other Sightseeing & 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.

Optional Excursions

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.

Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Tipping - Local Crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal 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.

Foreign Exchange

Thailand

Major Language: Thai

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.

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.

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

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.

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.

Visa 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.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

Lone Parents

Thailand

Single parents or other adults travelling alone with children should be aware that some countries require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the Thailand embassy for further information on exactly what may be required.

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.

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.

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.

Footwear

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

Luggage: On Tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Luggage allowance on trip: 20kg

General Information

Country details

Thailand

Population: 67,000,000

Size of Country: 514,000 sq km

Major Language: Thai

ATM Availability: ATMs are available in Bangkok but are limited on the islands.

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.

Our commitment to the environment

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), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

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

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to www.explore.co.uk/ResponsibleTourism/

Know before you go

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

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: 2016 itinerary versions are applicable to tours departing in 2016. 2017/18 itinerary versions are applicable to tours departing from 1st January to 31st December 2017.

These trip notes were printed on 30/05/2016 00:11:05