

EXPLORE!

TRIP NOTES



Comfort Itinerary Version (TMTH7)

TRIP DURATION
15
DAYS



View type: thumbnail

Trip Code: TMTH7

Trip Essentials

Accommodation:

Included Meals: 12 breakfasts, 1 lunch,
0 dinners

Transport:

Countries: Thailand, Cambodia



Tailormade Undiscovered Gems of Thailand and Cambodia

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.

DAY 1 Fly to Thailand

Fly to Bangkok on an overnight flight from the UK.



 **Included Meals:** None

DAY **2** Arrive Bangkok

On arrival at Bangkok Airport transfer to your hotel, the rest of the day is free to explore or relax.

 **Included Meals:** None

DAY **3** Bangkok

Today you visit the Grand Palace and Temple of the Emerald Buddha, over 100 stupas and temples cover this huge area and the King still resides in the adjoining palace. You also have a long-tail boat trip on the Chao Phya River which is a relaxing way to see everyday life along the riverbanks. This afternoon transfer to Khao Yai National Park, where depending on the time, you may be able to see the bats heading out for the evening.

 **Included Meals:** Breakfast

DAY **4** Khao Yai National Park

Today you have a full day to explore the national park on foot, where you can see macaques, toucans, gibbons and sloths. If you are lucky you may be able to see wild elephants and porcupines. The park is famous for the diving scene from "The Beach" and has many places to stop for a swim.

 **Included Meals:** Breakfast, Lunch

DAY **5** Ubon Ratchathani

Leaving the national park you transfer to Ubon Ratchathani. Bordering Laos, it is the easternmost province of Thailand and was until the late 18th century, part of Khmer empire.

 **Included Meals:** Breakfast

DAY **6** River cruise

Setting out early this morning you watch the sunrise before breakfast, followed by a boat trip on the Mun River. The area of the river is known as 'the Bi-Coloured River' as it is where the brown Mekong meets the blue waters of the Mun. This afternoon you visit Pha Taem National Park, created by earthquakes the park has a fantastic scenery of sheer cliffs, hills and plateaus. You will visit some of the parks prehistoric cave paintings from 3,000-4,000 years ago, depicting scenes of fishing and rice farming, people and animals.

 **Included Meals:** Breakfast

DAY **7** Surin

Your journey continues south to Surin, home of the elephant village. This afternoon is free to relax or you may choose to visit the local market.

 **Included Meals:** Breakfast

DAY **8** Elephant village

This morning you visit the elephant village where descendants of the Suay and Kuay ethnic groups look after these magnificent animals. You will have the opportunity to take the elephants out to the fields to feed and bathe. This afternoon you visit the silk village and some of the many Khmer and Hindu ruins in the area.

 **Included Meals:** Breakfast

DAY 9 Aranyaprathet

Continuing south you have a visit to Muang Tam Khmer temples. Built in the 11th century it is a rarely visited site with some well preserved carvings. Your journey continues to the busy and dusty town of Aranyaprathet, the border town to Cambodia.

 **Included Meals:** Breakfast

DAY 10 Transfer to Siem Reap

After crossing the border to Cambodia you transfer to Siem Reap. The rest of your afternoon is free to relax or explore

 **Included Meals:** Breakfast

DAY 11 Temples of Angkor

Rising early you travel to Ta Prohm, most famously known as the temple from 'Tomb Raider', the ruins have been consumed by tree roots. You continue to Banteay Srei, the pink temple it home to some of Cambodia's finest and most elaborate carvings. This afternoon explore Angkor Thom; beginning with the Churning of the Ocean of Milk bridge, continuing to the Terrace of the Leper King and Terrace of Elephants, you come to the Bayon, where 54 towers topped off with the four faces of Avalokiteshvara, Buddha of Compassion, look down on you. You continue on to Phnom Bakheng in time for sunset over Angkor Wat.

 **Included Meals:** Breakfast

DAY 12 Angkor Wat

Heading out at the crack of dawn you visit Angkor Wat to enjoy the sunrise and a picnic breakfast. The rest of the morning is spent exploring this impressive temple and its many levels of carvings. This afternoon you depart Siem Reap for Phnom Penh, stopping en route at the Praptos Bridge, a spectacular sight of more than 20 arches.

 **Included Meals:** Breakfast

DAY 13 Phnom Penh

This morning you visit the Royal Palace complex, home to the Cambodian royal family, the Silver Pagoda, named after the 5000 silver tiles covering the floor and the National Museum, home to the world's finest collection of sculpture from the Angkor period. This afternoon we visit the "Killing Fields" and Tuol Sleng Genocide Museum, both horrifying and emotional sites they are a must to learn something of Cambodia's history.

 **Included Meals:** Breakfast

DAY 14 Depart Cambodia

Unfortunately time to depart Phnom Penh on your flight back to the UK.

 **Included Meals:** Breakfast

DAY 15 Arrive UK

 **Included Meals:** None

Accommodation and Meals

Food & Drink

Included meals: 12 breakfasts, 1 lunch, 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

Cambodia

Lunch £: 6.00

Dinner £: 10.00 - 12.00

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

Cambodia

Bottle of Beer £: 1.30

Water £: 0.60

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.

Cambodia

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.

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.

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. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

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

EXPLORE! Share your experiences with us



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.

Cambodia

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. 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>.

Cambodia

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.

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

Cambodia

Population: 14,805,358
Size of Country: 181,035 sq km
Major Language: Khmer
Religion: Buddhism
Time Difference to GMT: +7

Electric Supply & Plugs

Thailand

2 Pin Round

Cambodia

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 & tailor-made holidays.
- Award-winning tour leaders who you can trust.
- Responsible travel is and always has been one of 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 Licence granted by the Civil Aviation Authority. 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: 7 itinerary versions are applicable to tours departing in 7. 8/ itinerary versions are applicable to tours departing from 1st January to 31st December 8.

These trip notes were printed on 23/07/2017 15:01:15