

Discover Thailand

Tour Style: Worldwide walking holidays

Destination: Thailand

Trip code: TLWHW

Trip Walking Grade: 2



HOLIDAY OVERVIEW

From the fast-paced bustle of Bangkok to the rainforests of Khao Sok National Park, the jewels in Thailand's crown shine brightly on this 13-night discovery holiday. You'll experience it all – the temples of Chiang Mai, Krabi's dreamy beaches, jungle trekking, bamboo rafting on Cheow Lan Lake, and a night in a floating bungalow under the stars.

WHAT'S INCLUDED

- Full programme of guided walks and sightseeing led by local leaders
- Comfortable accommodation
- 13 breakfasts, 9 lunches, 9 dinners
- All activities (as per itinerary)
- Air-conditioned transport
- Internal flights
- Return flights from the UK including hold baggage and airport transfers

HOLIDAY HIGHLIGHTS

- Exploring bustling Bangkok
- Spending a night with the northern hill tribes above Chiang Mai
- Sampling Thai street food in the markets of Chiang Mai
- A guided walking tour around the temples of the former capital, Ayutthaya
- Exploring the rainforests and lakes of Khao Sok National Park
- Soaking up the 360-degree views in Krabi

TRIP SUITABILITY

This holiday is a Walking Grade 2.

This holiday offers a mix of part and full day walks as well as sightseeing. Walks are generally 2-7 miles (3-11km) with up to 2,000 feet (600m) of ascent and similar levels of descent. You can expect to encounter a variety of terrain – from the bustling streets of Bangkok to lush and at times steep jungles of the north.



ITINERARY

Day 1: Travel Day

Overnight flight to Thailand.

Day 2: Bangkok

Arrive in Bangkok and transfer to your hotel. Dinner isn't included this evening giving you free time to relax or explore. There's a restaurant at the hotel and if you want to stretch your legs there are lots of places nearby.

Day 3: Bangkok

After a short morning orientation, we'll tour Bangkok and enjoy a traditional Thai lunch. In the evening, we'll

come together for an official welcome dinner to celebrate the start of your adventure.

Day 4: Ayutthaya

We'll hop on the morning train to the former capital, Ayutthaya, famed for its wealth of temples. Enjoy a fully guided walking tour around these colourful shrines and in the afternoon, we'll transfer to Don Muang Airport for an early evening flight to Chiang Mai, another former capital. Bag transport included.

Day 5: Chiang Mai

Embark on a full-day tour of the walled city of Chiang Mai, birthplace of the Lanna Empire. Be wowed by its array of temples and old walls and in the evening, we'll head to the vibrant night bazaar where you can sample some northern specialities.

Day 6: Jungle Trek

Distance: 4 miles/6km

Leaving the bustle of the city behind, we'll travel above Chiang Mia for our two-night jungle trek. First, we'll stop at a local market to pick up provisions, then a scenic drive takes us to a magnificent waterfall where you can freshen up with a dip.

After lunch we begin trekking through the jungle to the Karen hill tribe village where we'll spend the night in a simple hut. Dinner is prepared for us, after which you can soak up the scenery and noises of the jungle from the outdoor terrace.

Day 7: Jungle Trek

Distance: 5 miles/8km

We'll continue our adventure trekking through the lush jungle and rice fields, before lunch and a relaxing stop. After lunch we'll carry on to our mountain village, where if you want to freshen up you can take a dip in the local river. Dinner tonight is around the campfire before our last night in the mountains.

Day 8: Chiang Mai

Drift down the slow-moving river on bamboo rafts to see the jungle from a whole other perspective. Then we'll return to Chiang Mai for dinner and to spend the night.

Day 9: Khao Sok National Park

This morning we'll fly to Surat Thani, the gateway to Thailand's best beaches and islands. Our destination is Khao Sok National Park – home to the oldest evergreen rainforest in the world as well as limestone mountains and spellbinding lakes. Once we're at the lodge, you have some free time to relax.

Day 10: Khao Sok National Park

A morning yoga session is included for those who want to start the day with some meditation and relaxation before breakfast. You'll have a free day in Khao Sok where there's the opportunity to experience an elephant care programme. After dinner we'll set off on a night safari through the jungle.

Day 11: Cheow Lan Lake

Distance: 4 miles/6km

Today we'll transfer to Cheow Lan pier, and ride on traditional long boats across Cheow Lan lake. Upon arrival we'll walk into the jungle to reach a bamboo raft which will take us to an amazing cave. In the afternoon we'll have some free time to explore the area. Spend the night floating on the lake under the stars, surrounded by the world's oldest evergreen forest.

Day 12: Krabi

We'll start our morning with a sunrise safari followed by a hearty breakfast. Then, we'll transfer back to Cheow Lan pier before boarding a private transfer to the beautiful beach town of Ao Nang in Krabi. You're free to spend afternoon and evening as you wish. Relax on the sand or visit one of the many restaurants nearby.

Day 13: Dragon Crest Trail

Distance: 5 miles/8km

Ascent: 550m

We'll venture out on the Dragon Crest Mountain trek, which takes us to one of the most wow-worthy viewpoints in Thailand. It's located in the Moo Koh Phi Phi National Park and offers up 360-degree views of the Krabi coastline, distant islands, and the spectacular green limestone peaks rising from the valleys further south.

Later in the afternoon, we'll make our way to a local cookery school for a Thai cooking lesson followed by dinner.

Day 14: Ao Nang Beach

Enjoy a free day to relax by the pool or the beach. There's plenty more on offer, including a boat trip to the islands, Railay beach, snorkelling, or a trip into Krabi town. In the evening, we'll all meet for a farewell dinner.

Day 15: Departure Day

Fly from Krabi or Phuket to Bangkok to catch an overnight flight back to the UK.

ACCOMMODATION

Dhevi Hotel, Bangkok - Thailand

Colourful patterns and ornate decorations adorn nearly every available space at the 3-star Dhevi Hotel Bangkok – even the rooms have their own special design. Cast your eyes on the wealth of Thai art decorating the walls (the wallpapers are painted by local artists) for a colourful introduction to the capital. It's located in central Bangkok, too.

De Charme Boutique Hotel, Chiang Mai - Thailand

Unwind at the 3-star De Charme Hotel's outdoor pool after a day of discovery. It's located within the old city walls of Chiang Mai with the rooms and lounge giving a feel of old Siam.

Hill Tribe Community House - Thailand

For the two nights you spend with the hill tribe community, you'll stay in simple village houses with limited facilities.

Khaosok Boutique Hideaway - Thailand

Nestled amongst nature close to Khao Sok National Park, this glamping-style accommodation features all the comforts you need for a good night's rest, including air conditioning and an en-suite bathroom. There's also an outdoor pool to enjoy.

Khaosok Floating Bungalows - Thailand

Sleep above the lapping waters of Cheow Lan Lake in a floating bungalow.

Holiday Style Ao Nang Beach Resort, Krabi - Thailand

Just a minute's walk from Nopparat Thara Beach and near the night market, this hotel offers modern, comfortable rooms with air conditioning, TV, fridge, minibar, balcony, and an en-suite bathroom. There are two pools to choose from, too.

USEFUL HOLIDAY INFORMATION

Weather & Seasonality

The climate in Thailand is tropical, with three distinct seasons – winter from November to early March, when it is driest, the hot season from mid-March to late May, then the rainy season from June to October. The relative cool of winter is only felt in the north and inland areas, while the south and coast are hot year round. In Chiang Mai and the northern hills, daytime temperatures vary between 20° - 30°C and can drop to as little as 10° - 15°C at night. We recommend bringing light layers as well as warmer clothing for the evenings. Bangkok and the south averages temperatures within a few degrees of 30°C throughout the year, and only drops a little at night.

Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Joining Instructions (Without Flights)

If you prefer to book the holiday without flights and make your own travel arrangements you will still be able to make use of the return group transfers between the airport and hotel, which are included in the cost of your holiday. You must contact us on [+44 \(0\)20 3974 8865](tel:+442039748865) or email reservations@hfholidays.co.uk at least 8 weeks before your holiday start date to provide your flight details if you wish to join the transfers. If you do not contact us, we will assume you are making independent travel arrangements.

If you are arriving ahead of the group, and are meeting them at the first hotel, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives. If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and place to meet the group.

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

Dietary Requirements

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

Vaccinations & Health

This information is subject to change. In all cases, we **highly recommend** you consult your GP both for up to date details and for more information on what is appropriate to your situation. We recommend you do this at least 10 weeks before your trip. As a rule, travellers should be up to date with their routine vaccinations and boosters as recommended in the UK - including, for example, the MMR and diphtheria, tetanus and polio vaccines.

Other vaccinations you may need to consider include:

- Hepatitis A and B

- Rabies
- Typhoid

Requirements can change, and we recommend you check in good time ahead of your holiday.

Dengue fever is present in Thailand, as is the risk of Malaria. There are no vaccinations and prevention is largely through the avoidance of bites. Your GP may recommend the use of antimalarial tablets.

Please note: the use or possession of some common prescription or over-the-counter medicines is banned in some countries. In Thailand, there are restrictions to medication which are considered controlled substances.

If you will be carrying medication, please check with the country's embassy/consulate prior to travel. There is more information on the Royal Thai Embassy website: <http://www.thaiembassy.org/london/en/services/84497-Bringing-Medications-to-Thailand.html>

As an extra precaution, it is recommended to:

- Keep medication in its original packet
- Take a copy of your prescription
- If possible, ask your chemist to write the name of your medication in the language of the country you're visiting

For further information on country specific advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk.

Passports & Visas

Passport

Passports must be valid for at least 6 months beyond the end date of your holiday.

You could be refused entry to Thailand if your passport is damaged or has pages missing. You may be asked for proof of onward travel.

Visas

British passport holders arriving by air or land can enter Thailand for 30 days without a visa. If you plan to stay longer, you must arrange a visa before travel. This must be obtained from a Thai Embassy or Consulate.

For visa queries and entry requirements for other passport holders, please check with the Thai Ministry of Foreign Affairs: [Ministry of Foreign Affairs, Kingdom of Thailand \(mfa.go.th\)](http://mfa.go.th)

For general information, see the FCDO travel advice: [Thailand travel advice - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Useful Information

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote: <https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

If you are arranging your own travel insurance, please ensure it is adequate for your specific itinerary. Generally, this should include cover for walking at altitudes over 2,000m, which will cover you for a wide range of our holidays.

Luggage

Baggage Allowance

1 piece checked-in luggage (max 20 kg).

Please check details of your airline's baggage allowance, as shown on your e-ticket. Remember to also check any connecting flights you may have booked.

Lost/Damaged Luggage

If your bag or its contents are damaged or lost while in the airline's care, this should be reported to the baggage service agents at the airport on arrival. They will assess the damage; in some cases, the airline may decide to settle your claim immediately.

You will be given a reference to quote to your insurance company if an immediate settlement is not possible - in many cases, baggage claims can only be accepted in writing. A baggage claim form must be obtained from the airport.

Local Currency

Thai baht (B). Most places in Thailand deal only with cash and some foreign credit cards are accepted in high-end establishments only.

To offer you the opportunity to explore the wealth of delicious food options, some meals have not been included in your holiday price. We recommend you budget 400-600B per person per meal for these. However, it is possible – if you fancy trying the local street food – to get a plate of delicious food for as little as 50B

You will also need money for tips, incidental items such as drinks with meals and any souvenirs you may wish to purchase.

How much you bring depends on your spending habits, but 500B per person per day should be enough to cover a moderate spend. To give you an idea, beers in good bars average around 100B and if you wish to offer an additional tip to your guide, this could be in the region of 150-300B each day.

Local Time

GMT/UTC +7 hours.

Electricity

Electricity is 220V AC. Plugs are most commonly two round or flat prongs. However, a variety of sockets are used, so we recommend you bring a universal adaptor.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip

Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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