

Discover Thailand

Tour Style: Worldwide walking holidays

Destination: Thailand

Trip code: TLWHW

Trip Walking Grade: 2



HOLIDAY OVERVIEW

Taking you 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 holiday. You'll experience it all – the golden temples and street food markets of Chiang Mai, Krabi's dreamy white sand beaches, jungle trekking and bamboo rafting, plus a two-night stay with northern Thailand's hill tribe people.

WHAT'S INCLUDED

- Outbound flights from London Heathrow including baggage and transfers
- Return flights from Krabi including baggage and transfers
- Guided walks and sightseeing with local leaders
- HF Holidays Tour Manager
- 13 nights' accommodation across Thailand
- 13 breakfasts, 7 lunches & 8 dinners
- All sightseeing and activities (as per itinerary)
- Chiang Mai street food tour
- All in-destination transport and internal flights

HOLIDAY HIGHLIGHTS

- Discovering Bangkok by canal boat and tuk tuk
- Walking around the temples of the former capital, Ayutthaya
- Drifting downriver on a bamboo raft in Chiang Mai
- Spending two nights with the hill tribes above Chiang Mai
- Exploring the rainforests and lakes of Khao Sok National Park
- Soaking up the 360-degree views in Krabi
- A more personalised experience thanks to small group sizes

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: Depart UK

Our with-flights guests depart the UK on an overnight flight to Bangkok.

Day 2: BANGKOK

We arrive in Bangkok and are joined here by our without-flight guests. 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 BY CANAL

Our first full day in Thailand begins with a guided tour of Bangkok with your local leader. First up is the Grand Palace, where we'll marvel at the intricate design and rich history of this royal complex. A tuk-tuk ride takes us to Wat Pho, home to the iconic reclining Buddha surrounded by tranquil temple grounds. Next, we'll visit Wat Prayun, a hidden gem on the Chao Phraya River famed for its unique stupa.

After a delicious Thai lunch, a longtail boat ride through Bangkok's canals offers a snapshot of local life. We'll end the day at Mahanakorn Tower, where those brave enough can step onto the glass-floored skywalk – it's Thailand's highest observation deck at 314 meters and offers panoramic 360-degree views over the city. After the tour, we'll sit down to an official welcome dinner to celebrate the start of our 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

Explore Chiang Mai like a local by hopping on a songthaew, the iconic red pickup trucks that have been modified to carry passengers around the city's sights. We'll begin our morning tour with a winding journey up Doi Suthep to visit the temple perched at its peak. Enjoy breathtaking views and a glimpse into Buddhist pilgrimage traditions before we descend into the heart of the old city.

Visiting the ancient ruins of Chedi Luang, we'll see orange-robed monks offering prayers at this holy site built in the mid-15th century. Finally, dive into the vibrant Warorot Market, where we can shop for local delicacies, snack on sizzling street food, or bag a bargain on clothing and Lanna handicrafts.

After a leisurely afternoon back at the hotel, we'll hop on an electric tuk-tuk for an evening of street food delights. Start at a bustling night market for Thai Suki and pork meatballs before moving to a second market near the Chiang Mai gate, where you'll savour Northern Thai spicy sausage. We'll also try Khao Soi, a famous curried chicken dish flavoured with peanut, coconut, chilli, and lime, and served on top of soft egg noodles and sprinkled with crispy noodles. End the night with the best Thai Roti, and a selection of tasty Thai desserts.

Day 6: Jungle Trek And Karen Hill Tribe

Leaving the bustle of the city behind, we'll travel above Chiang Mai 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 two nights 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

Day 8: BACK TO CHIANG MAI

Drift down the slow-moving river on bamboo rafts to see the jungle from a whole other perspective. We'll return to Chiang Mai this evening where we can enjoy dinner with live traditional Thai performances.

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: KRABI

After transferring to Takun town for a quick visit to a local market, we'll board a long-tail boat at Rachabrapa Dam pier to explore the lake's stunning limestone cliffs. We'll check in to our floating bungalow accommodation for the night, where a lunch of local Thai food by the water awaits.

Enjoy time for swimming and kayaking in the emerald waters, and in the afternoon, embark on a jungle adventure. We'll cap off the day with an evening safari and a delicious dinner before spending the night under the stars in our raft house.

Day 12: Krabi

Start the day with an early morning safari by boat with your guide. Keep an eye out for Langurs and Macaque monkeys. Mornings are very special on the lake with mist rolling across the water and gibbons calling from the trees. Return to your raft house for a simple breakfast and a hot drink. The rest of the morning will be spent swimming, relaxing and kayaking at the raft house before returning to the pier. Return to Cheow Lan Lake Pier at around 11:30am, 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.

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, Railway beach, snorkelling, or a trip into Krabi town. In the evening, we'll all meet for a farewell dinner.

Day 15: DEPARTURE DAY

After breakfast, our with-flight guests transfer to Krabi airport to begin our overnight return journey back to the UK

ACCOMMODATION

Maewin Guest House And Resort (2024)

This peaceful country resort enjoys an enviable setting surrounded by Chiang Mai's cascading green rice terraces. Perfect for those looking to relax, it features a spacious bar and lounge area, outdoor activity spaces ideal for yoga, and a restaurant serving exceptional Thai cuisine.

Cross Vibe Chiang Mai Decem Hotel (2024)

Located in the lively Nimman district, Cross Vibe Chiang Mai Decem is where modern, design meets comfort. Guests can expect loft-style rooms, a vertical garden that shelters a salt-water pool, and a poolside bar serving up an excellent selection of freshly mixed cocktails, beers and soft drinks. There's also a 24-hour gym.

W22 By Burasari, Bangkok

W22 by Burasari is a stylish 3-star boutique hotel in the heart of Bangkok's vibrant Chinatown. With cozy rooms, comfy beds, and all the essentials for a relaxed stay, it's ideal for solo travelers, friends, and families. Unwind in the airy 7-story garden atrium, enjoy city views from the rooftop, and explore the nearby historic Yaowarat Road and its bustling markets.

De Lanna Hotel, Chiang Mai (2024)

De Lanna Hotel is a charming 4-star retreat in Chiang Mai's historic old town, blending contemporary Northern Thai style with modern comforts. Surrounded by a peaceful tropical garden, the hotel offers cozy suites and a warm, welcoming atmosphere. Experience the city's unique blend of tradition and modernity with a laid-back stay in this friendly hotel.

Hill Tribe Community House - Thailand (2024)

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

Our Jungle House, Khao Sok National Park (2025 Only)

For complete rainforest immersion, we'll stay in a charming treehouse or bungalow in the heart of Khao Sok National Park. Decking areas give you a comfortable vantage point from where you can tune into the rainforest's sights and sounds.

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 (2024)

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.

Cha Da Resort, Krabi (2025 Only)

Perched on the foothills of Ao Nang, Cha Da Resort Krabi offers stylish 4-star accommodation with breathtaking views of the Andaman Sea or lush tropical landscapes. Rooms come with vibrant Thai-Chinese décor and private balconies, while facilities include a gym and an outdoor pool.

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:+44(0)2039748865) 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.

Modest Dress

When visiting Thailand, it is important to dress modestly and respectfully, especially when visiting temples and religious sites. Both men and women should cover their shoulders and knees. Avoid wearing revealing or tight-fitting clothing. Lightweight, breathable fabrics are recommended due to the tropical climate. Additionally, it is customary to remove your shoes before entering temples.

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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