



An unbelievably epic 38 day adventure across Thailand, Vietnam & Cambodia!

Discover the absolute best of three of the most amazing countries in SE Asia with all transport, activities and accommodation included. Plus, you'll have an awesome group leader with you from the moment your trip starts, an instant group of friends to share your adventure with and help with all your onward travel.

Get ready for the trip of a lifetime!

## BANGKOK → SIEM REAP

<b>Transport:</b>	Minivan, Train, Bus, Boat, Overnight Train, Tuk Tuk, Overnight Bus, Plane
<b>Meals:</b>	25B, 14L, 6D
<b>Group size:</b>	4 - 22
<b>Age Range:</b>	18 - 39
<b>Local Fees:</b>	None

## HIGHLIGHTS

- Experience the fascinating culture and crazy nightlife of buzzing Bangkok.
- Discover the beautiful island of Koh Phangan including beach parties & more!
- Experience the world famous Phi Phi Islands on an exclusive boat trip.
- Experience the stunning Ha Long Bay!
- Discover local life in the lush Mekong Delta & visit the Cu Chi Tunnels.
- Discover the fascinating and mind-blowing Angkor Wat.

## INCLUSIONS

- ✓ Personal Airport Pickup To The Hotel 24/7
- ✓ 37 Nights Accommodation
- ✓ 45 Meals
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Bangkok River Cruise & Ancient Temples
- ✓ Thai Cooking Class
- ✓ Khao Sok National Park
- ✓ Floating Bungalows
- ✓ Kayaking & Tubing
- ✓ Island Trip
- ✓ Muay Thai or Yoga Experience
- ✓ Thai Massage
- ✓ Paradise Islands Boat Trip
- ✓ Phi Phi Islands Experience & Viewpoint
- ✓ Overnight Hill Tribe Trek
- ✓ Bamboo River Rafting
- ✓ Elephant Sanctuary
- ✓ Chiang Mai Markets & Nightlife
- ✓ Walking & Rickshaw Tour of Hanoi
- ✓ Overnight Boat Trip on Ha Long Bay
- ✓ Kayaking
- ✓ Local Homestay Experience
- ✓ Bicycle Tour of Ninh Binh
- ✓ Rice Paddies & River Boat Cruise
- ✓ Dragon Mountain Viewpoint
- ✓ Vietnamese Cooking Class
- ✓ Visit Local Markets
- ✓ Basket Boat Crab Fishing
- ✓ Lantern Making Class
- ✓ Cu Chi Tunnels Tours
- ✓ Traditional Mud Fishing
- ✓ Mekong Delta Experience
- ✓ Local Village Visit
- ✓ Tuk Tuk Tour of Phnom Penh
- ✓ S21 Prison With Local Guide
- ✓ Tour of the Killing Fields
- ✓ Pepper Plantation
- ✓ Khmer Cooking Class & River Cruise
- ✓ Koh Rong Island Boat Trip & Snorkelling
- ✓ Floating Villages
- ✓ Angkor Wat Sunrise Temple Tour



### NOT INCLUDED:

Flights, travel insurance, visas & some meals

# ITINERARY & IMPORTANT INFO

## DAY 1 - YOUR ADVENTURE BEGINS

• **BANGKOK** We'll meet you at the airport and take you to the guesthouse.

## DAY 2 - TEMPLES & TUK TUKS

• **BANGKOK** Cruise the canals by long-tail boat, explore temples, ride in a tuk tuk, then experience the crazy nightlife!

## DAY 3 - THAI COOKING CLASS

• **BANGKOK** Experience a traditional Thai cooking class and then board the overnight train.

## DAY 4 - FLOATING BUNGALOWS

• **KHAO SOK** Arrive in Khao Sok National Park. Go tubing, kayaking and sleep overnight in floating bungalows!

## DAY 5 - TROPICAL PARADISE

• **KOH PHANGAN** Arrive on the beautiful island of Koh Phangan, relax by the pool and enjoy your first island sunset and beach party!

## DAY 6 - BEACH TIME & MASSAGE

• **KOH PHANGAN** A day to unwind, relax before being pampered with a traditional Thai massage.

## DAY 7 - ISLAND TOUR

• **KOH PHANGAN** Chill in the sun and then we'll kick back with a beach BBQ!

## DAY 8 - MUAY THAI OR YOGA

• **KOH PHANGAN** Today you have the choice of learning Muay Thai boxing or Yoga.

## DAY 9 - ARRIVE IN PHI PHI

• **PHI PHI** You'll arrive in Phi Phi late afternoon to check into your guesthouse and head out for dinner, drinks and a beach party!

## DAY 10 - PHI PHI EXPERIENCE

• **PHI PHI** Boat trip around the Phi Phi Leh to snorkel, kayak, see an incredible underwater light show at night and enjoy a few drinks and dinner under the stars.

## DAY 11 - PHI PHI BOAT TRIP

• **PHI PHI** Hike to Phi Phi's viewpoint in the morning and then explore Phi Phi's Paradise Islands.

## DAY 12 - TRAVEL TO PHUKET

• **PHUKET** Travel to Phuket today.

## DAY 13-17 - CHIANG MAI

• **CHIANG MAI** Fly to the amazing Chiang Mai. Check in and relax or head out and explore the city. Trek through and stay overnight in the amazing jungle of Chiang Mai before bamboo rafting down the river! You'll then learn to feed and care for the elephants at their protected sanctuary!

## DAY 18 - FLY TO HANOI

• **HANOI** Your Vietnam group leader will meet you at the Hanoi accommodation.

## DAY 19 - DISCOVER HANOI

• **HANOI** Enjoy a walking and rickshaw tour of the city. We'll then head out for dinner and a night out!

## DAY 20 - HA LONG BAY

• **HA LONG BAY** Go kayaking through caves and enjoy some drinks on our overnight boat!

## DAY 21 - NINH BINH HOMESTAY

• **NINH BINH** Today we head south to our unique local homestay and watch the sunset in our riverside bungalows.

## DAY 22 - EXPLORE NINH BINH

• **NINH BINH** Today we'll bike ride through the rice paddies and take a local row boat along the river. We'll then tackle Dragon Mountain Viewpoint before boarding the overnight train south.

## DAY 23 - HOI AN

• **HOI AN** Arrive in Hoi An. Chill out, go shopping or even get some clothes made!

## DAY 24 - BASKET BOAT FISHING

• **HOI AN** Try your hand at some crab fishing and a traditional Vietnamese cooking class.

## DAY 25 - LANTERN MAKING

• **HOI AN** This morning we'll learn how to make lanterns. We'll bicycle down to the beach for a chilled day at a beach club.

## DAY 26 - HO CHI MINH CITY

• **HO CHI MINH CITY** Fly to Ho Chi Minh City.

## DAY 27 - MEKONG DELTA

• **MEKONG DELTA** We'll explore the incredibly lush green beauty of the Mekong Delta and learn how the locals live.

## DAY 28 - CU CHI TUNNELS

• **HO CHI MINH CITY** Discover the network of tunnels used during the Vietnam War. We'll head back to Ho Chi Minh City.

## DAY 29 - ARRIVE IN CAMBODIA

• **PHNOM PENH** Travel to Cambodia.

## DAY 30 - PHNOM PENH

• **PHNOM PENH** Enjoy a tuk tuk tour and experience the original Killing Fields.

## DAYS 31-32 - KAMPOT

• **KAMPOT** Travel to Kampot and go kayaking. The next day visit a pepper plantation to source ingredients for a traditional Khmer cooking class, before heading out on a boat ride.

## DAY 33-35 - KOH RONG SANLOEM

• **KOH RONG SANLOEM** We'll take the fast ferry to Koh Rong Sanloem where we will check into our island accom. We'll travel by long tail boat to some of the best snorkel spots and explore hidden rock pools before travelling back to the mainland. We'll prepare for our overnight bus journey.

## DAY 36-37 - SIEM REAP

• **SIEM REAP** Arrive early in the morning. We'll later discover some traditional floating villages. The next day, we'll visit Angkor Wat for sunrise, joined by a local guide.

## DAY 38 - CHECK OUT

• **SIEM REAP** Your adventure finishes today! We'll help you organise your onward travel.

## ARRIVAL INFORMATION

It's best to arrive on the actual start date. There's no activities on the first day, so you can arrive at any time. If you do arrive early we'll still pick you up from the airport and will book you into our Bangkok accommodation from the day you arrive. Extra nights can be pre-paid with your agent or direct with us.

## AFTER EPIC ASIA

Epic Asia finishes in Siem Reap. If you're staying on longer in SE Asia, your group leader will help organise your onward travel including extra nights in Siem Reap and airport transfers. It will take around 30 minutes to get to Siem Reap airport and will cost around \$6 USD.

## VISAS

It's important to check your visa requirements before arriving in South East Asia.

Please refer to our [FAQ](#) page for all up to date visa information for Thailand, Vietnam & Cambodia.

When passing over the border from Vietnam into Cambodia, visas costs are not included in the price of your trip. The visa on arrival for Cambodia for a maximum of 30 days costs approx. \$35 USD and will be payable in cash on day 12 of your trip.

Please note that while the above information is currently accurate, visa rules can often change so it's always best to check before departing.

If you're unsure of your visa requirements or need any help just contact us.

## TRAVEL INSURANCE

Travel insurance for Thailand, Vietnam and Cambodia is compulsory to join Epic Asia. Your group leader will ask to see proof of your cover. You can organise a quote and policy [here](#).

# ACCOMMODATION GUIDE

## THAILAND

### BANGKOK - WILD ORCHID VILLA

2 NIGHTS

In the heart of the traveller district of Khao San Rd.

Twin/Double Rooms  
Ensuite  
WiFi & Air Con  
Bar & Restaurant

### OVERNIGHT TRAIN

1 NIGHT

A comfy bed and great journey.

Multishare Cabin with Air Con  
Bathroom Onboard  
Fresh Linen & Pillow

### KHAO SOK - FLOATING BUNGALOWS

1 NIGHT

An amazing experience in the middle of the rainforest.

Twin/Double/Triple/Quad Rooms  
Shared Bathroom  
Fans in Rooms  
Kayaking & Tubing

### KOH PHANGAN - SARANA BUNGALOWS

4 NIGHTS

Our own place right on the beach!

Twin/Triple/Quad Rooms  
Ensuite  
WiFi, Air Con & Laundry  
Infinity Pool, Bar, Restaurant, Gym & Yoga Hall



BANGKOK



OVERNIGHT TRAIN



KHAO SOK



KOH PHANGAN

## PHI PHI - ANDAMAN LEGACY RESORT

3 NIGHTS

A great spot on a beautiful island.

Twin/Double/Triple Rooms

Ensuite

WiFi

Laundry

Swimming Pool & Bar



PHI PHI

## PHUKET - SAWADDI PATONG RESORT & SPA

1 NIGHT

A great spot on a beautiful island.

Twin/Double/Triple Rooms

Ensuite

WiFi

Laundry

Swimming Pools & Pool Bar



PHUKET

## CHIANG MAI - EURANA BOUTIQUE HOTEL

4 NIGHTS

A comfy hotel in the heart of the city.

Twin/Double/Triple Rooms

Ensuite

WiFi

Laundry

Rooftop Swimming Pool



CHIANG MAI

## OVERNIGHT HILL TRIBE - HUT

1 NIGHT

A basic but unique experience in the jungle.

Multishare Rooms

Shared Bathrooms



OVERNIGHT HILL TRIBE

## VIETNAM

### HANOI - BERYL PALACE HOTEL AND SPA

2 NIGHTS

A boutique hotel in the heart of the Old Quarter.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

Spa Facilities



HANOI

### HA LONG BAY - OVERNIGHT BOAT

1 NIGHT

An amazing boat with incredible views.

Twin/Triple/Double Rooms

Ensuite

Air Con



HA LONG BAY

### NINH BINH - LOCAL HOMESTAY

1 NIGHT

Private riverside bungalows in a magical setting.

Twin/Double Rooms

Ensuite

WiFi

Riverside Hammocks



NINH BINH

## OVERNIGHT TRAIN

1 NIGHT

A bed on a great journey.

4 Share Cabin

Bathrooms Onboard

Air Con

Epic Views!



## HOI AN - THANH BINH 2 HOTEL

3 NIGHTS

A nice hotel in a great location.

Twin/Double/Triple Rooms

Ensuite

WiFi, Air Con & Laundry

Swimming Pool



## HO CHI MINH - LIBERTY SAIGON

### GREENVIEW HOTEL

2 NIGHTS

A local hotel close to all the action.

Twin/Double Rooms

Ensuite

WiFi & Air Con

Laundry



## MEKONG DELTA - LOCAL HOMESTAY

1 NIGHT

Authentic bungalows on a tiny island in the Mekong.

Twin/Double/Triple Rooms

Ensuite

WiFi



## CAMBODIA

### PHNOM PENH - MONSOON BASSAC HOTEL

**2 NIGHTS**

**A boutique hotel in the heart of Phnom Penh.**

Twin/Double Rooms  
Ensuite  
WiFi & Air Con  
Laundry  
Rooftop Pool & Bar



PHNOM PENH

### KAMPOT - SALTY RIVER GUESTHOUSE

**2 NIGHTS**

**Traditional guesthouse, right by the river.**

Twin/Double Rooms  
Ensuite  
WiFi & Air Con  
Free Kayak Hire



KAMPOT

### KOH RONG SANLOEM - M'PHAI BEI RESORT

**2 NIGHTS**

**Beautiful bungalows close to the beach.**

Twin/Double/Triple Rooms  
Ensuite  
Air Con  
Restaurant & Bar



KOH RONG SANLOEM

### OVERNIGHT BUS - GIANT IBIS

**1 NIGHT**

**A bed on a comfortable bus.**

Single/Shared Double Bed  
Bathroom onboard  
Air Con

### SIEM REAP - LUB D HOSTEL

**2 NIGHTS**

**Private rooms in a funky hostel.**

Twin/Double Rooms  
Ensuite  
WiFi & Air Con  
Swimming Pool, Bar & Restaurant



SIEM REAP



The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.

# #SMALLCHANGE

## SUSTAINABLE TRAVEL



PROTECTING THE ENVIRONMENT



SUPPORTING LOCAL COMMUNITIES



CULTURAL EXCHANGE & EDUCATION



ANIMAL WELFARE

Making a positive difference to the amazing destinations we travel is at the core of what we do. Small Change is our own socially conscious initiative aimed at making the world that little bit better place to explore! Click [here](#) to learn more!



WE'RE **PLANTING 10 TREES** FOR EVERY INTRO TRAVEL BOOKING!

## FAQS



### DO MANY PEOPLE TRAVEL ALONE?

Yes. Lots of people on our trips are travelling solo. But by doing our trip you'll instantly be part of a group, so it's a great way to meet others and make friends! Most of our accommodation is twin or triple share, so we will put you in a room with someone of the same gender.



### CAN I CHAT TO MY GROUP BEFORE I LEAVE?

You can start chatting to people in your group and other travellers before you leave. Just go to our Facebook page, click on 'Groups' and choose [Epic Asia](#).



### WHEN IS THE BEST TIME TO VISIT SOUTH EAST ASIA?

There's never a bad time to travel in South East Asia. Most months of the year you will experience both sunshine and possibly some rain. It's usually quite hot and humid most of the time, but it can occasionally get cold, especially in the north of Vietnam between November and February, so it's always best to bring a couple of warm layers with your summer clothing.



### HOW MUCH SPENDING MONEY WILL I NEED?

All your activities, accommodation, transport and some meals are included with Epic Asia, so you'll just need money for some meals, drinks, shopping and any onward travel. We recommend you bring at least £1000 / \$1800 spending money. USD is accepted everywhere and much easier to get.



### WHAT POWER OUTLETS ARE USED?

Thailand, Vietnam and Cambodia generally uses a flat or round 2 pin socket the same as most of Europe. It's always best to grab yourself an appropriate adaptor if needed before you go.



### HOW WILL I ACCESS MY MONEY WHILE I'M AWAY?

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's available throughout South East Asia and some places accept credit card but not all.



### IS THERE WI-FI THROUGHOUT THE TRIP?

Most of the accommodations we stay at have free Wi-Fi available. Thailand, Vietnam and Cambodia's network quality is often lower than you're used to but you can generally connect and do basic stuff.



### WHAT LUGGAGE DO YOU RECOMMEND?

We always recommend travelling with a backpack and packing light! 10-20kgs of stuff should be plenty. It's generally quite hot in South East Asia so dragging around a huge suitcase is not much fun. There is luggage storage at the airport or at some accommodations if needed.



### TERMS & CONDITIONS

For the full set of Terms and Conditions for our tours, start dates, and your responsibilities as a traveller with us, please see the [Terms & Conditions](#) section of our website.

#### That's about it for now!

Once you've booked you'll get access to 'Manage My Booking' and the INTRO Travel App, which will give you all the information you'll need on South East Asia and Epic Asia, so you can just relax and enjoy the experience.

*Of course if you have an more questions just contact us. We're happy to help!*

hello@introtravel.com  
introtravel.com