



### **HEY TRUTRAVELLER! PARADISE IS AWAITING YOU...**

We thought we would give you some finer details to get you even more excited for your upcoming trip. In this itinerary, you have an outline of the day-to-day activities you get to experience, as well as the accommodation type and what's included from us. We have planned almost everything but we have left you some free time to go off and explore yourself...or just relax if that's more your style. There are many recommendations in this itinerary so you don't leave feeling like you have missed anything!

### **FLIGHT INFORMATION**



SUVARNABHUMI (BKK) / DON MUANG (DMK)



KOH SAMUI (USM)



## TRIP OVERVIEW

DAY 1 BANGKOK meeting the group

DAY 2 BANGKOK exploring Bangkok

DAY 3 BANGKOK massage and train

DAY 4 TRAVEL TO KHAO SOK Khao Sok

DAY 5 KHAO SOK/ BOTTLE BEACH

DAY 6 KOH PHANGAN muay thai lesson

DAY 7 KOH PHANGAN boat trip and snorkelling

DAY 8 KOH PHANGAN full moon party

DAY 9 KOH PHANGAN relaxing day

DAY 10 KOH TAO travel day

DAY 11 KOH TAO Koh Nang Yuan Day Trip

DAY 12 KOH TAO free day + overnight boat

DAY 13 KOH TAO viewpoints and nightlife

DAY 14 PHI PHI monkey beach and maya bay

**DAY 15 PHUKET** shopping and nightlife

DAY 16 PHUKET chilled checkout!





### **OPTIONAL ACTIVITIES**

Once again, if you're an early bird and haven't got a chance to explore the old town, try some amazing local coffee, do some souvenir shopping for your loved ones back home, here's your chance! Get a nice Thai massage, you probably need it after your adventure!



### **DAY 2 -BANGKOK**

MORNING: You're back in Bangkok and it is time to explore the city by TukTuk! We will have some breakfast in the morning and then head to some amazing temples!



**DAY 1 -**

### **BANGKOK**

MORNING: Welcome to Bangkok. You're in Thailand baby. Check in, explore, chill, connect with others on the group, drink your first Chang... Today all your fellow Trutravellers will be arriving and checking in, if they haven't already.

**AFTERNOON:**Later this evening your Travel Ninja will arrange a time and place for everyone to meet up for the first night out together. Keep a look out on the group chat for details



AFTERNOON: We will then jump on some boats and explore more of the city on the water. The rest of the afternoon is yours to use to explore at your own pace. Explore some markets, cafes or get a massage - it's up to you!





### **DAY 3** -BANGKOK/KHAO SOK

MORNING: Today we are leaving Bangkok and heading to the South! In the morning we will check out after breakfast. Then we will have a massage so everyone can relax and get ready for the journey

AFTERNOON: Early afternoon we will leave for the train station. Fill up your water bottles and grab your snacks ready for the journey!



BREAKFAST







MASSAGE



**OVERNIGHT** TRAIN

# THINGS TO REMEMBER

Always wear something comfortable on the Thai Trains. Also consider bringing a hoodie too because It can get quite cold on the train s due to the A/C. The journey to Khao Sok should take around 14 hours and everyone will get a fold down bed to sleep on.



**DAY 4** -

KHAO SOK

MORNING: You made it to the south! It's super chilled down here, get ready for some beautifully relaxing days. Once we arrive at our station we will get into our private mini vans and head to the national park.

AFTERNOON: When we arrive we can chill, crack open a beer and explore the area in kayaks.



**LUNCH AND DINNER** 



KAYAKING AND **SWIMMING** 



**DAY 5** -**KOH PHANGAN** 



MORNING: This morning we will soak in the beauty of the national park and get ready to move to our next stop. Bottle beach is such an incredible spot and we can't wait for you to experience the bottle beach bungalows.

AFTERNOON: When we arrive in Koh Phangan we will take in our surroundings and enjoy the ocean.



**BREAKFAST** 



TRAVEL TO KOH **PHANGAN** 





### **OPTIONAL ACTIVITIES**

In Koh Phangan you can relax in a hammock, enjoy a coffee in a local cafe, swim in the ocean or if you are feeling adventurous take a morning hike to the view point.



## **DAY 6 - KOH PHANGAN**

MORNING: The morning is free for you to explore as you wish. Ask your travel guide for some suggestions and pointers for the best cafes to grab something to or drink.

AFTERNOON: We will leave bottle beach in the afternoon and head over to our Muay Thai Class.





**DAY 7** -

### **KOH PHANGAN**

MORNING: We will have a delicious breakfast at the beachfront restaurant and then head of on our boat trip to visit some top spots around the island.

AFTERNOON: We will spend the afternoon snorkelling and relaxing on the boat. Lunch and all the snorkelling equipment will provided on the boat



LUNCH



**BOAT TRIP AND** SNORKELLING



### **DAY 8 -KOH PHANGAN**

DURING THE Ready for the BIG day? We'll get you warmed up with a nice road trip to DAY: some of Koh Phangan's coolest beaches for some swimming, sunbathing and amazing viewpoints!

> Once we get back you can start getting ready for the big night! Get some body paint on, get your full moon party outfit on and lets meet up for some dinner pre drinks before we head over to the **Full Moon Party!**

**EVENING:** Your group leader will confirm the taxi times with you before we all head over to the party and have the most amazing nights of your life at one of the world's most famous beach parties!

> Hop from bar to bar and dance the night away! Your group leader will sort out a taxi back to the hotel, but there are plenty of taxis available if you choose to leave early.





### (O) DAY 9 -**KOH PHANGAN**

MORNING: Feeling rough from the big night? If you watched sunrise this morning, you definitely want a bit of a lie in today! Don't worry, feel free to enjoy the morning sleeping in, chilling by the pool or however you like to spend your hangover days!

AFTERNOON:We will leave bottle beach in the afternoon and head over to our Muay Thai Class.



### O DAY 10 -**KOH TOA**

MORNING: Today we are leaving and heading to Koh Toa on a high-speed boat. We will leave the hotel at about 11am and head over to the boat!

AFTERNOON: We will spend the afternoon with a few beers and cocktails on the beach and enjoy a sunset dinner.







# O DAY 11 - KOH TAO

MORNING: Morning sunshine! Today we will do an all day boat-trip. We will visit Koh Nang Yuan Island and some other great snorkelling spots around the island.

AFTERNOON: We will also visit Shark Bay where we will hopefully see some turtles and some other incredible marine life.



## **OPTIONAL ACTIVITIES**

If you have always wanted to explore the sea further then why not try some scuba diving in Koh Tao. It is one of the best places in the world to try scuba diving and there are so many great schools for complete beginners too!

### THINGS TO NOTE

Remember there is no wifi on the boat. Make sure you have completed anything that involves internet before the boat trip.

# O DAY 12 - TRAVEL TO PHI PHI ISLANDS

MORNING: Another day in paradise! This morning we will check out and begin our travels to the Phi Phi Islands. Today is a free day to explore the island!

We will leave at around 7:30pm and AFTERNOON: catch the overnight ferry to the mainland



# O DAY 13 - PHI PHI

MORNING: We will arrive at the mainland in the morning, transfer to Krabi and take the ferry to Koh Phi Phi island. There will be many stops along the way for food, drink and the toilet too.

AFTERNOON: This travel day is a long one but it is so worth it! Once we check into our hotel the rest of the afternoon is free for you to explore.



TRANSPORT TO
PHI PHI





### **DAY 14** -PHI PHI

MORNING: After an incredible breakfast we are off for an all-day boat trip to some of the most iconic spots in Thailand. We will visit Monkey beach, Pileh Lagoon, Maya Bay and more!

AFTERNOON: We will float in crystal clear water, meet some wild monkeys and snorkel with some incredible wildlife.



### **DAY 15** -**PHUKET**

MORNING: Today is our last day in Phi Phi. We will check out in the morning and head to the boat to go to our final destination, Phuket.

AFTERNOON: Today is our last day as a group and we will be enjoying one last group dinner, some flowing cocktails and head to Bangla Walking Street to experience the epic nightlife of Phuket.



### **OPTIONAL ACTIVITIES**

If you need some advice for your onwards travel ask your tour guide. They will be able to help organise transport, suggest where to visit next or just make sure you know how to get back to the airport!

### **OPTIONAL ACTIVITES**

If the weather is calm check out the bioluminescent plankton on Phi Phi! If you see some it will bea highlight of your trip!



## **DAY 16 -**

### GOODBYE!!!

MORNING: Today there might be some tears...It's going to be sad but think of what a wonderful time you have all had and all the incredible memories you have shared! See you all soon and we hope you have safe and fun onward journey!



# HELP WITH ONWARD TRAVEL



### **BREAKFAST**

