



NORTHERN THAILAND & BEACHES

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



SUARNABHUMI (BKK) / DON MUANG (DMK)



KOH SAMUI (USM)

TRIP OVERVIEW

- DAY 1 BANGKOK** meeting the group
- DAY 2 KANCHANABURI** floating market
- DAY 3 KANCHANABURI** waterfalls + national parks
- DAY 4 AYUTHAYA** cycling tour
- DAY 5 CHIANG MAI** old town and temples
- DAY 6 HOME STAY** jungle trek and hill tribe
- DAY 7 CHIANG MAI** elephant sanctuary
- DAY 8 CHIANG MAI** ziplining and canopy
- DAY 9 PAI** chilled day
- DAY 10 PAI** caves, canyon and hot springs

- DAY 11 PAI** pool chill day
- DAY 12 CHIANG MAI** cooking class
- DAY 13 CHIANG MAI** paddle boarding + water park
- DAY 14 TRAVEL TO BANGKOK** overnight train
- DAY 15 BANGKOK** tuk tuk tour
- DAY 16 TRAVEL TO KHAO SOK** massage and train
- DAY 17 KHAO SOK** exploring Khao Sok
- DAY 18 KOH PHANGAN** beach activities
- DAY 19 KOH PHANGAN** muay thai lesson
- DAY 20 KOH PHANGAN** boat trip and snorkelling
- DAY 21** Chilled check out





DAY 1 -

BANGKOK

WELCOME TO THAILAND!!!

ALL DAY: Welcome to Bangkok. You're in Thailand baby. Check in, explore, chill and connect with others on the group. Today all your fellow Trutravellers will be arriving and checking in, if they haven't already. (2 PM. check in but if you lucky you will get the room earlier as the room is available.)

EVENING: 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.



AIRPORT PICKUP

TIP

make sure you get your head around the currency by using apps such as "Units Plus"



DON'T FORGET TO DRESS APPROPRIATELY AND BRING WATER AND SUNCREAM.



TWIN SHARE HOTEL

OPTIONAL ACTIVITIES

If you have arrived early then take the time to explore. This area is very safe, and filled with street vendors, restarants, and bars. Grab a Pad Thai for £1 if your hungry or check out some of the nearby streets. Bangkok is a real play on the scences.

You are permitted to go inside most of the local temples, but remember to respect the culture and dress and behave appropriately. If something looks cool then go for it. You only live once. But if it sounds too good to be true, then it usually is.



DAY 2

KANCHANABURI

RISE AND SHINE ON YOUR FIRST FULL DAY WITH TRUTRAVELS...

MORNING: Rise and Shine Trutravellers! We'll be heading West to the famous Damnoen Saduak Floating Market where you can enjoy a variety of Thai traditional food, snacks and fresh fruit. Explore the shops along the canals on a traditional wooden boat, maybe pick up a souvenir or two! Please be checked out and ready to go at 9:30am!

AFTERNOON: After that, we'll be heading to Kanchanaburi to check into our hotel for the next couple of nights. In the afternoon, we'll be taking a river cruise on high speed long tail boats on the famous River Kwai, visiting some of Kanchanaburi's most well known historical sites including the World War 2 Museum, the cave temple, and the famous World War 2 Bridge over the River Kwai!



BREAKFAST



TWIN SHARE HOTEL



TRAVEL ITINERARY AND EXTRA INFORMATION -21 DAY TOUR

📍 DAY 3 - KANCHANABURI

MORNING: Another early start today, as you wouldn't want to miss one of the most beautiful waterfalls in Thailand- Erawan Falls! Make sure you get some breakfast and bring your swimming gear with you as you'll be taking a dip in the cool, blue waters of Erawan falls. If you're feeling fit, explore all 7 tiers of this amazing waterfall and take a swim in the many natural pools along the way!

REST OF THE DAY: Before heading back, we'll treat you to a delicious Thai lunch in the national park, while you look back at those amazing photos you just took!



LUNCH



TWIN SHARE HOTEL

OPTIONAL ACTIVITIES

In the evening after your long day at Erawan Falls, feel free to relax by the hotel pool, go for a massage down the street, or explore the Kanchanaburi nightlife in one of the many bars/pubs along the street!



DAY 4 - AYATHAYA

MORNING: Enjoyed your little sleep in this morning? After we check out, we're heading to our next destination- Ayuthaya! Here you'll be exploring the Ayuthaya UNESCO World Heritage Site on bicycles! Get those cameras ready because you'll be visiting and learning all about Thailand's old capital, cycling to different temples and ruins.

EVENING: As the sun sets, we'll head back where you can have some dinner and a shower before we head to the train station to board our overnight train to Chiang Mai!



**BIKE RIDE AROUND ANCIENT
TEMPLES AND OVERNIGHT TRAIN**

OPTIONAL ACTIVITIES

If you're an early bird, feel free to spend your morning in the hotel pool, grab some breakfast and coffee before checking out. You'll be on the overnight train later tonight so a relaxing massage before checking out might not be such a bad idea!





TRAVEL ITINERARY AND EXTRA INFORMATION -21 DAY TOUR-

DAY 5 - CHIANG MAI

TWIN SHARE 3* HOTEL

GOOD MORNING, RISE AND SHINE.

MORNING: Good Morning Trutravellers and welcome to Chiang Mai! You're now in the Northern part of Thailand, ready for an adventure? After checking in, we'll go wander the streets and explore Chiang Mai old town, where our hotel is located! Grab a healthy breakfast and a fresh coffee and let's explore!

EVENING: In the afternoon, we'll be heading up the mountain to visit Doi Suthep temple to learn about it's fascinating history, get blessed by Buddhist monk, and take some amazing pictures of the viewpoint!



DAY 6 - CHAIANG MAI

DURING THE DAY: Ready for an adventure? Today we're going to be trekking through the jungle, visiting waterfalls along the way, enjoying a local lunch by a picturesque waterfall before trekking to the Karen hill tribe village where you'll be spending the night.

REST OF THE DAY: A TRULY local experience! Enjoy a delicious local dinner prepared by our local hosts, sit by the camp fire and sing songs, beer in hand and experience what it's like to spend the night in the village-local style!

OPTIONAL ACTIVITIES

Chiang Mai is known for it's local food, healthy options and some of the best coffee in Thailand, so feel free to ask your travel ninja for some recommendations! If you prefer exploring the old town on your own, there is plenty to see just withing walking distance from your hotel. Explore the shops, the local cuisine, the temples and ruins scattered around the old town, or even enjoy a massage!



HOME STAY



BREAKFAST



JUNGLE TREKING, WATERFALLS
AND HILL TRIBE EXPERIENCE





TRAVEL ITINERARY AND EXTRA INFORMATION

-21 DAY TOUR-

DAY 7 - CHIANG MAI

MORNING: How does it feel to wake up to the sound of roosters, the smell of fresh coffee and a delicious breakfast with an incredible view? The adventure continues as we say good bye to our wonderful hosts and continue our trek out of the village, and to the Elephant Sanctuary! Feed, bathe, and have some fun in the sun with our giant friends! You'll be spending the morning with rescued elephants, a TRUly amazing experience.

AFTERNOON: After saying good bye to our new friends, we'll be taking a river cruise on bamboo rafts, enjoying the beautiful scenery along the way. Feel free to grab a beer for the ride! Lunch will be served upon your arrival after your bamboo rafting experience. Once you've had your fill, it's time to head back to our Chiang Mai hotel.



DAY 8 - CHIANG MAI

DURING THE DAY: After all that trekking, we'll give you a chance to sleep in a little and enjoy some free time in the morning. Grab some breakfast, fresh coffee, explore the town and nearby attractions and get ready for a Zip Lining adventure in the afternoon!

EVENING: Then in the evening we will explore and have a group dinner!



DAY 9 - PAI

MORNING: Rise and Shine again Trutravellers! Today we continue our journey to the little mountain town of Pai! After checking out, your transport will take you to Pai where we'll check into our hotel before exploring the town.

EVENING: In the evening, we'll be heading to the night market in Pai town where you can choose from a huge variety of shops and restaurants for some delicious food!



OPTIONAL ACTIVITIES

Pai is full of little shops, restaurants and cafes within walking distance from the hotel. Feel free to have a wander around and explore what the town has to offer, or chill by the pool and work on that tan!





TRAVEL ITINERARY AND EXTRA INFORMATION

-21 DAY TOUR-

DAY 10 - PAI

MORNING: Good morning Trutravellers! Today we're driving out of Pai town to visit some incredible places Pai has to offer, including the Temple, Cave, Hot Springs, and Pai Canyons for a beautiful sunset!

AFTERNOON: After a long day, we can freshen up and head back into town for some dinner and a night out if you fancy!



TWIN SHARE HOTEL



LUNCH



HOT SPRINGS

DAY 11 - PAI

DURING THE DAY: After a long day trip and possibly an amazing night out in town, we'll give you the morning to relax and sleep in, chill by the pool, do some exploring in town or visit some cool local cafes.

AFTERNOON: In the afternoon, we'll head over to Fluid Pool to cool down, enjoy some good food, some cocktails if you wish!

OPTIONAL ACTIVITIES

If there is enough water in the river, why not check out the river tubing? It's seasonal, so no guarantees if it's the dry season! If not, there are plenty of other things to see in Pai. A relaxing massage before the drive back to Chiang Mai tomorrow doesn't sound too bad!

DAY 12 - CHIANG MAI

DURING THE DAY: After checking out, we're heading back to Chiang Mai! It's time to say good bye to Pai, until next time! After checking into the hotel, you'll have a bit of time to freshen up, get some lunch or relax by the pool.

AFTERNOON: In the afternoon, we'll be heading to our cooking class where you'll learn how to cook some of Thailand's finest dishes. You'll be cooking your own dinner so make sure you get it right!



DINNER



COOKING CLASS

OPTIONAL ACTIVITIES

Now that we're back in Chiang Mai, if you haven't done some souvenir shopping or explored the old town, here's your chance! Just make sure you're ready before we leave for the cooking class in the afternoon! Enjoy another night out if you fancy, as we don't have to leave super early tomorrow morning!





TRAVEL ITINERARY AND EXTRA INFORMATION

-21 DAY TOUR-

DAY 13 - CHIANG MAI

MORNING: Ready for our final activity of this amazing tour? We're heading to Chiang Mai Grand Canyon Water Park! A fun filled day in the sun, zip lining over the lake, flying off inflatable cushions, a giant inflatable obstacle course on the lake, and if you're feeling brave, try the cliff jump!

AFTERNOON: It's will be some of the TruFam's last night so let's all celebrate the great tour so far and raise a glass to great memories and even greater friends!



BREAKFAST

DAY 14 - CHIANG MAI

MORNING: After checking out of our hotel at around 12pm we will have some free time to spend in Chiang Mai. You can do some last minute shopping or visit some cafes!

AFTERNOON: Later in the afternoon we will head to the train station and take the overnight train to Bangkok for the next part of our adventure!



BREAKFAST



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.

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 15 - 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!

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!



TEMPLES

DAY 16 - 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





TRAVEL ITINERARY AND EXTRA INFORMATION -21 DAY TOUR-

DAY 17 - 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 18 - 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.

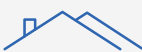
AFTERNOON: When we arrive in Koh Phangan we will take in our surroundings and enjoy the ocean.



BREAKFAST



TRAVEL TO KOH PHANGAN



BOTTLE BEACH BUNGALOWS

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 19 - 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.



BOTTLE BEACH VIEWPOINT HIKE



MUAY THAI CLASS

DAY 20 - KOH PHANGAN

MORNING: We will have a delicious breakfast at the beachfront restaurant and then head off 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 be provided on the boat



LUNCH



BOAT TRIP AND SNORKELLING

DAY 21 - KOH PHANGAN

MORNING: Have a chilled checkout and relax before we hug and sob uncontrollably in sadness at the end of our tour. If you're travelling on further, your Travel Ninja is on hand for any help you may need.



HELP WITH ONWARD TRAVEL