



This is the absolute best of both south and north Thailand in 18 days! You'll discover Bangkok by boat and tuk tuk, visit ancient temples, learn to cook delicious Thai food, sleep on floating bungalows in the middle of a rainforest, explore tropical islands, learn Muay Thai boxing, have a Thai massage, party on the world famous full moon beach, cruise around the iconic Phi Phi Islands, trek through the jungles of Chiang Mai, visit local hill tribes, experience a once in a lifetime day at an elephant sanctuary and much more! All with a knowledgeable group leader, an instant group of friends and help with all your onward travel. Get ready for the trip of a lifetime!

BANGKOK ➔ CHIANG MAI

Transport:	Overnight Train, Taxi, Mini bus, Tuk Tuk, Ferry & Plane
Meals:	7B, 8L, 4D
Group size:	4 - 22
Age Range:	18 - 39
Local Fees:	None

HIGHLIGHTS

- Experience the fascinating culture and crazy nightlife of buzzing Bangkok.
- Sleep overnight on floating bungalows in the magical Khao Sok National Park!
- Discover the best of the beautiful island of Koh Phangan, including snorkelling, beach parties and more!
- Experience the world famous Phi Phi Islands on an exclusive boat trip.
- Trek with hill tribes, go bamboo rafting & get up close and personal to elephants in Chiang Mai.

INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 17 Nights Accommodation
- ✓ 19 Meals
- ✓ All Transport & Internal Flight
- ✓ Awesome Group Leader
- ✓ Bangkok River Cruise
- ✓ Visit Ancient Temples
- ✓ Thai Cooking Class
- ✓ Khao Sok National Park
- ✓ Floating Bungalows
- ✓ Kayaking & Tubing
- ✓ Island Trip
- ✓ Beach BBQ
- ✓ Muay Thai or Yoga Experience
- ✓ Thai Massage
- ✓ Paradise Islands Boat Trip & Snorkelling
- ✓ Phi Phi Islands Experience
- ✓ Phi Phi Viewpoint
- ✓ Sticky Waterfalls
- ✓ Overnight Hill Tribe Trek
- ✓ Bamboo River Rafting
- ✓ Elephant Sanctuary
- ✓ Help with Onward Travel

NOT INCLUDED:

International flights, travel insurance, visas & some meals



ITINERARY & IMPORTANT INFO

DAY 1 - THAI INTRO BEGINS!

• **BANGKOK** When you land in Bangkok after your long flight we'll be at the airport to meet you and take you to the accommodation. You'll have plenty of time to recover from your flight, chill out and meet everyone in your group.

DAY 2 - TEMPLES, TUK TUK'S & PARTY

• **BANGKOK** Discover Bangkok from a different perspective as we take a relaxing cruise through the heart of the city. We'll then visit Bangkok's most sacred and ancient temples and travel by tuk tuk through the crazy streets! At night we'll head out and experience Bangkok's nightlife!

DAY 3 - THAI COOKING CLASS

• **BANGKOK** Learn the secrets to preparing delicious Thai cuisine first hand with a traditional Thai cooking class. Then you can sit back, relax and enjoy the sights of Thailand when we board the overnight train and travel down south.

DAY 4 - FLOATING BUNGALOWS

• **KHAO SOK** We'll wind through limestone cliffs in a long-tail boat to a pristine freshwater lake and will stay overnight in floating bungalows. You'll also go kayaking, tubing and monkey spotting!

DAY 5 - TROPICAL PARADISE

• **KOH PHANGAN** Arrive on the beautiful island of Koh Phangan, home to the world famous Full Moon parties. Check into our amazing beach side bungalows, 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 and get some well-deserved beach time and enjoy being pampered with a traditional Thai massage.

DAY 7 - ISLAND TOUR

• **KOH PHANGAN** Discover the beauty of the island as we travel to some of the beautiful beaches! Chill, soak up some 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 the art of Muay Thai boxing or bringing some peace and harmony into your action packed trip with a private yoga class. We'll then head out for our last night on Koh Phangan.

DAY 9 - ARRIVE IN PHI PHI

• **PHI PHI** You'll leave Koh Phangan early morning and arrive in Phi Phi late afternoon on this day. You'll then check into your guesthouse and head out for dinner, drinks and a beach party!

DAY 10 - PHI PHI EXPERIENCE

• **PHI PHI** Take off on an amazing boat trip around the stunning Phi Phi Leh. Snorkel, kayak, see an incredible underwater light show at night and enjoy a few drinks and dinner under the stars. It's a truly unforgettable experience!

*There is a possibility we may not be able to enter right into Maya Bay at certain times of year due to government closures.

DAY 11 - PHI PHI BOAT TRIP

• **PHI PHI** Hike to Phi Phi's iconic viewpoint in and then explore Phi Phi's amazing Paradise Islands on an awesome private boat trip. Snorkel in crystal clear waters and then head out for dinner and to experience Phi Phi's awesome nightlife.

DAY 12 - TRAVEL TO PHUKET

• **PHUKET** Travel to Phuket today and enjoy some sunset drinks.

DAY 13 - TRAVEL TO CHIANG MAI

• **CHIANG MAI** This morning we'll fly to Chiang Mai. Checking in to our accommodation, we'll have time to explore the city, chill by the pool or do some shopping. Tonight we'll check out Chiang Mai's nightlife.

DAY 14 - TEMPLES & WATERFALLS

• **CHIANG MAI** Today we'll checkout the iconic Doi Suthep Temple, following it up with an epic Thai style lunch on a local fish farm. To end our day of exploring we'll visit the fascinating 'sticky' waterfalls.

DAY 15 - HILL TRIBE TREK

• **CHIANG MAI** Trek through and stay overnight in the amazing jungle of Chiang Mai. Wander through beautiful rice paddy fields and past tranquil rivers before visiting a local hill tribe.

DAY 16 - HILL TRIBE TREK

• **CHIANG MAI** We'll continue our trek before bamboo rafting down the river! You'll arrive back to your guesthouse to relax or check out more of Chiang Mai's nightlife.

DAY 17 - ELEPHANT EXPERIENCE

• **CHIANG MAI** Today we'll visit a sanctuary focused on protecting elephants rescued from hard lives. We'll learn about their history and important connection to rural communities, and see them interact in their natural environment.

DAY 18 - CHECK OUT

• **CHIANG MAI** Your epic adventure comes to an end today! Your group leader will help you with 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 THAI INTRO

Thai Intro 18 day finishes in Chiang Mai in the north of Thailand. If you're staying on longer in Thailand, your group leader will help organise any of your onward travel.

If you need to get back to Bangkok, the quickest option is to fly. Otherwise a cheaper option is either a train or bus.

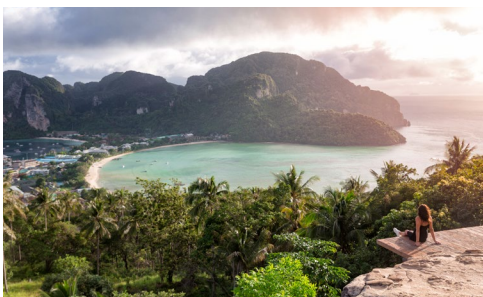
Your group leader will help with any other local transport and ensure you're comfortable with all parts of your onward travel.

VISAS

Most nationalities including the UK, Europe, Australia, NZ, Canada, USA, Scandinavia and Brazil will usually receive a 30-day visa exemption on arrival for free. If you would like a longer tourist visa or are not eligible for the visa exemption you can apply for a visa at your nearest Thai consulate prior to entering Thailand. If you're unsure of your visa requirements or need any help just contact us.

TRAVEL INSURANCE

Travel insurance for Thailand is compulsory to join Thai Intro. Your group leader will ask to see proof of your cover before your trip begins. You can organise travel insurance [here](#).



ACCOMMODATION GUIDE

BANGKOK - WILD ORCHID VILLA

2 NIGHTS

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

Twin/Double/Triple Rooms

Ensuite

WiFi & Air Con

Bar & Restaurant

OVERNIGHT TRAIN

1 NIGHT

A comfy bed and great journey.

Multishare Cabin with Air Con

Toilet 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



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 [Thailand](#).



WHEN IS THE BEST TIME TO VISIT THAILAND?

The great thing about Thailand is it's usually quite hot all year round, so it's great to go at any time. There is a slightly higher chance of rain around October and November, however it usually only rains for an hour or so which can be a nice relief from the heat.



HOW MUCH SPENDING MONEY WILL I NEED?

Your activities, accommodation, transport and most meals are included, so you'll just need money for any extra meals, drinks, shopping and any onward travel. We recommend you bring at least £400 / \$750 spending money.



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 Thailand so it's easy to get access to cash.



IS THERE WI-FI THROUGHOUT THE TRIP?

Most accommodations we stay at have free Wi-Fi available. Thailand'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 Thailand so dragging around a huge suitcase is not much fun. There is luggage storage at the airport or at some accommodations if needed. You'll also need a small overnight bag for some nights of your trip.



WHAT POWER OUTLETS ARE USED?

Thailand 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.



TERMS & CONDITIONS

For the full set of terms & conditions for our tours including 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 Thailand and Thai Intro, so you can just relax and enjoy the experience.

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