



Experience two of the most spectacular countries in Asia on this mind-blowing 29 day combo tour!

Discover the absolute best of Thailand and Vietnam with all transport, activities and accommodation included. Plus, you'll have an awesome group leader, 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 ➔ HO CHI MINH CITY

<b>Transport:</b>	Minivan, Bus, Boat, Overnight Train, Overnight Bus, Plane
<b>Meals:</b>	17B, 13L, 6D
<b>Group size:</b>	4 - 22
<b>Age Range:</b>	18 - 39
<b>Local Fees:</b>	None

## HIGHLIGHTS

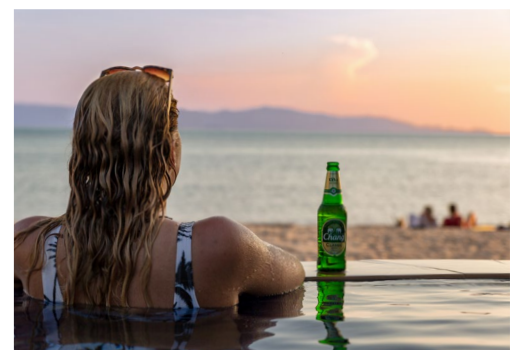
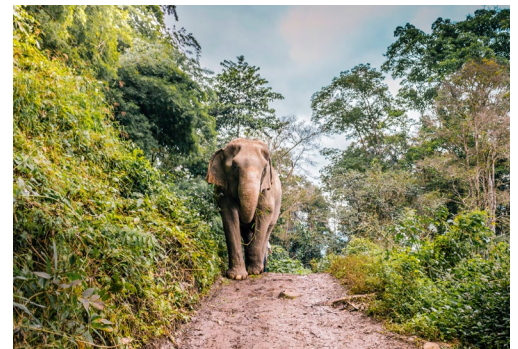
- Experience the fascinating culture and crazy nightlife of buzzing Bangkok.
- Discover the beautiful island of Koh Phangan
- Experience the world famous Phi Phi Islands on an exclusive boat trip.
- Enjoy the culture and flavours of Hanoi.
- Experience the stunning Ha Long Bay!
- Explore the lush Mekong Delta and see how the locals live.

## INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 28 Nights Accommodation
- ✓ 36 Meals
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Bangkok River Cruise
- ✓ Visit Ancient Temples
- ✓ Thai Cooking Class
- ✓ Experience Local Life
- ✓ Party in Bangkok
- ✓ Khao Sok National Park
- ✓ Floating Bungalows
- ✓ Kayaking & Tubing
- ✓ Island Trip
- ✓ Muay Thai or Yoga Experience
- ✓ Thai Massage
- ✓ Beach Party!
- ✓ Paradise Islands Boat Trip
- ✓ Phi Phi Islands Experience
- ✓ Phi Phi Viewpoint
- ✓ Overnight Hill Tribe Trek
- ✓ Bamboo River Rafting
- ✓ Elephant Sanctuary
- ✓ Chiang Mai Markets & Nightlife
- ✓ Walking & Rickshaw Tour of Hanoi
- ✓ Experience Local Life
- ✓ Night Out in 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

### 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 to meet your group!

## 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 and relax with a traditional Thai massage.

## DAY 7 - ISLAND TOUR

• **KOH PHANGAN** Spend the day chilling 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 Phi Phi Leh to snorkel, kayak, see an 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 and then explore Phi Phi's Paradise Islands by boat.

## DAY 12 - TRAVEL TO PHUKET

• **PHUKET** Travel to Phuket & enjoy sunset drinks.

## DAY 13 - FLY TO CHIANG MAI

• **CHIANG MAI** Today we'll make our way to the airport for our flight to the amazing Chiang Mai. Check in and relax or head out and explore the city.

## DAY 14 - TEMPLES & WATERFALLS

• **CHIANG MAI** Check out the iconic Doi Suthep Temple, following it up with an epic Thai style lunch on a local fish farm. We'll also 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, see tranquil rivers and visit a local hill tribe.

## DAY 16 - RAFTING & NIGHTLIFE

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

## DAY 17 - ELEPHANT EXPERIENCE

• **CHIANG MAI** A very special way to experience Thailand's most sacred animal in their natural environment. You'll learn to feed and care for them and see them in their natural environment!

## 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 sleep aboard our overnight boat!

## DAY 21 - NINH BINH HOMESTAY

• **NINH BINH** Today we head south to the beautiful Ninh Binh, a landscape of rice paddies and limestone mountains. Check in to our unique local homestay and watch the sunset in our private riverside bungalows.

## DAY 22 - EXPLORE NINH BINH

• **NINH BINH** Today we'll take a bike ride through the rice paddies, then a local row boat along the river. We'll then tackle the iconic 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! We'll then experience a traditional Vietnamese cooking class.

## DAY 25 - LANTERN MAKING

• **HOI AN** This morning we'll learn how to make lanterns. We'll then hop on bicycles for a short ride 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 Cu Chi Tunnels, the network of tunnels used during the Vietnam War. We'll then head back to Ho Chi Minh City.

## DAY 29 - CHECK OUT

• **HO CHI MINH CITY** Your amazing 29 day adventure finishes today. We'll help you plan and 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 paid direct with us.

It's also recommended to have onward travel booked out of Vietnam before travelling there, as you may get asked for proof of this before boarding your flight to Thailand.

## AFTER THAILAND + VIETNAM

Thailand + Vietnam finishes in Ho Chi Minh City in the south of Vietnam. If you need to get back to Ho Chi Minh City airport then it's a simple taxi ride that will take around 30 minutes and cost around £10 / \$20. We can organise this for you in Vietnam.

## VISAS

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

Please refer to our [Important Stuff](#) page for all up to date visa information for Thailand and Vietnam.

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

## TRAVEL INSURANCE

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



# ACCOMMODATION GUIDE

## THAILAND

### 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



## 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



### HA LONG BAY - OVERNIGHT BOAT

1 NIGHT

An amazing boat with incredible views.

Twin/Triple/Double Rooms

Ensuite

Air Con



### NINH BINH - LOCAL HOMESTAY

1 NIGHT

Private riverside bungalows in a magical setting.

Twin/Double Rooms

Ensuite

WiFi

Riverside Hammocks





## 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



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 AND VIETNAM?

There's never a bad time to travel in Thailand or Vietnam. 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.



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

Most of the accommodations we stay at have free Wi-Fi available. Thailand and Vietnam'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 and Vietnam so dragging around a huge suitcase is fun. There is luggage storage at the airport or at some accommodations if needed.



### HOW MUCH SPENDING MONEY WILL I NEED?

All your activities, accommodation, transport and some meals are included with Thailand + Vietnam, so you'll just need money for some meals, drinks, shopping and any onward travel. We recommend you bring at least £700 / \$1200 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 and Vietnam so it's easy to access your cash. Some places don't accept credit card.



### WHAT POWER OUTLETS ARE USED?

Thailand and Vietnam 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 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 Thailand + Vietnam, 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!*