

TOTAL THAILAND



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)**



**PHUKET INTERNATIONAL
AIRPORT (HKT)**

TRIP OVERVIEW

- | | | | | | |
|---------------|---------------------|-----------------------------------|---------------|--------------------------|---------------------------|
| Day 1 | BANGKOK | meeting the group | Day 11 | PAI | pool day chill |
| Day 2 | KANCHANABURI | floating market | Day 12 | CHIANG MAI | cooking class |
| Day 3 | KANCHANABURI | waterfalls + national parks | Day 13 | CHIANG MAI | water park |
| Day 4 | AYUTTHAYA | cycling tour | Day 14 | TRAVEL TO BANGKOK | overnight train |
| Day 5 | CHIANG MAI | old town and temples | Day 15 | BANGKOK | temples and river cruise |
| Day 6 | CHIANG MAI | trekking and hill tribe home stay | Day 16 | BANGKOK | massage and train |
| Day 7 | CHIANG MAI | elephant sanctuary | Day 17 | KHAO SOK | exploring Khao Sok |
| Day 8 | CHIANG MAI | ziplining and canopy | Day 18 | KOH PHANGAN | bottle beach |
| Day 9 | PAI | travel day | Day 19 | KOH PHANGAN | muay thai lesson |
| Day 10 | PAI | caves, canyon and hot springs | Day 20 | KOH PHANGAN | boat trip and snorkeling |
| | | | Day 21 | KOH TAO | travel day |
| | | | Day 22 | KOH TAO | Koh Nang Yuan Day Trip |
| | | | Day 23 | KOH TAO | free day |
| | | | Day 24 | PHI PHI | travel day to Phi Phi |
| | | | Day 25 | PHI PHI | monkey beach and maya bay |
| | | | Day 26 | PHUKET | shopping and nightlife |
| | | | Day 27 | PHUKET | chilled checkout! |



TRAVEL ITINERARY AND EXTRA INFORMATION

-27 DAY TOUR-



DAY 1 -

BANGKOK

WELCOME TO THAILAND!!!

ALL DAY: Welcome to Bangkok, you're in Thailand baby! Today all of your fellow Trutravellers will be arriving so check in, chill, explore, connect with your group and maybe have your first Chang!

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.

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, restaurants, 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 scenes.

You are permitted to go inside most of the local temples but remember to respect the culture, please dress and behave appropriately.



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!

AFTERNOON: We are heading to Kanchanaburi to check into our hotel for the next couple of nights. Today we'll be taking a river cruise on a high speed long tail boat along the famous River Kwai! We will visit 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!



BREAKFAST



TWIN SHARE HOTEL



TRAVEL ITINERARY AND EXTRA INFORMATION

-27 DAY TOUR



DAY 3 - KANCHANABURI

MORNING: Today is an early start, you wouldn't want to miss one of the most beautiful waterfalls in Thailand - Erawan Falls! Make sure you grab some breakfast and bring your swimwear with you as we will be taking a dip! You can explore all 7 tiers of this amazing waterfall and go for 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 day at Erawan Falls, feel free to relax by the hotel pool, go for a massage or explore the Kanchanaburi nightlife in one of the many bars/pubs along the street!



DAY 4 - AYUTTHAYA

MORNING: Enjoy a relaxing morning! After we check out, we're heading to our next destination- Ayuthaya! Here you will 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: After sunset we will head back and have some dinner before heading to the train station to board our overnight train to Chiang Mai!



BIKE RIDE AROUND ANCIENT TEMPLES



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

-27 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 its fascinating history, get blessed by Buddhist monk, and take some amazing pictures of the viewpoint!



TEMPLE



DAY 6 - CHIANG MAI

DURING THE DAY:

REST OF THE DAY:

Ready for an adventure? Today we're going to be trekking through the jungle, visiting waterfalls and enjoying a local lunch by a picturesque waterfall before trekking to the Karen hill tribe village where we'll be spending the night. A TRUly local experience! Enjoy a delicious 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 its 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!



BREAKFAST, LUNCH AND DINNER



JUNGLE TREKING, WATERFALLS AND HILL TRIBE EXPERIENCE



HOME STAY



TRAVEL ITINERARY AND EXTRA INFORMATION

-27 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 to the Elephant Sanctuary! Enjoy some fun in the sun with our giant friends! You'll be spending the morning with rescued elephants, a TRULY amazing and educational experience. Lunch will be served after the Elephant Sanctuary.

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! After bamboo rafting it's time to head back to our Chiang Mai hotel.



BREAKFAST AND LUNCH



ELEPHANT SANCTUARY AND BAMBOO RAFTING



DAY 8 - CHIANG MAI

DURING THE DAY: After all that trekking, we'll give you a chance to sleep in 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!



BREAKFAST AND LUNCH



ZIP LINING



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!



BREAKFAST

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

-27 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 and cocktails if you wish!



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

-27 DAY TOUR-



DAY 13 - CHIANG MAI

MORNING: Ready for our last full day activity in Chiang Mai? 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 we will have some free time to spend in Chiang Mai. You can do some last minute shopping or visit some cafes!

AFTERNOON: Later this 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 food and drink and explore the markets, 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! Grab some breakfast before we jump on boats to visit some amazing temples!

AFTERNOON: We will jump on a TukTuk and explore the city of Bangkok! The rest of the afternoon is yours to use to explore at your own pace. Visit 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! After some breakfast we will check out and we will receive a massage so that 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

-27 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! This is an incredible spot and we can't wait for you to experience the bottle beach bungalows.

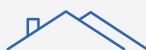
AFTERNOON: When we arrive in Koh Phangan we will take in our surroundings and enjoy the ocean.



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. Relax in a hammock, enjoy a coffee and swim in the ocean or join the morning hike to the view point.

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 snorkeling and relaxing on the boat. Lunch and all the snorkeling equipment will be provided on the boat



LUNCH



BOAT TRIP AND SNORKELING



TRAVEL ITINERARY AND EXTRA INFORMATION

-27 DAY TOUR-



DAY 21 -

KOH TAO

MORNING: Today we are leaving and heading to Koh Tao 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.



HIGH SPEED BOAT



DAY 22 -

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 snorkeling spots around the island.

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



LUNCH



DAY BOAT TRIP

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.



DAY 23 -

FREE DAY!

DURING THE DAY: Our last day on this little paradise and fortunately we've got options. We are off to Tanote Bay for anyone who wants to come spend the day at this little gem of a beach. If you would rather keep the adrenaline flowing, we can help you arrange one of Koh Tao's extreme activities. From rock climbing to the more common and much wetter activities like scuba diving or water sports. Or you can relax until we check out.



DAY 24 - TRAVEL DAY TO PHI PHI

DURING THE DAY: This travel day is a long one but it is so worth it and the views along the way are 10/10! Once we check into our hotel the rest of the afternoon is free for you to explore.



**TRANSPORT TO
PHI PHI**



TRAVEL ITINERARY AND EXTRA INFORMATION

-27 DAY TOUR-



DAY 25 - 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.



LUNCH



DAY BOAT TRIP



DAY 26 - 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.



SHOPPING AND PHUKET NIGHTLIFE

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 ACTIVITIES

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



DAY 27 - 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

