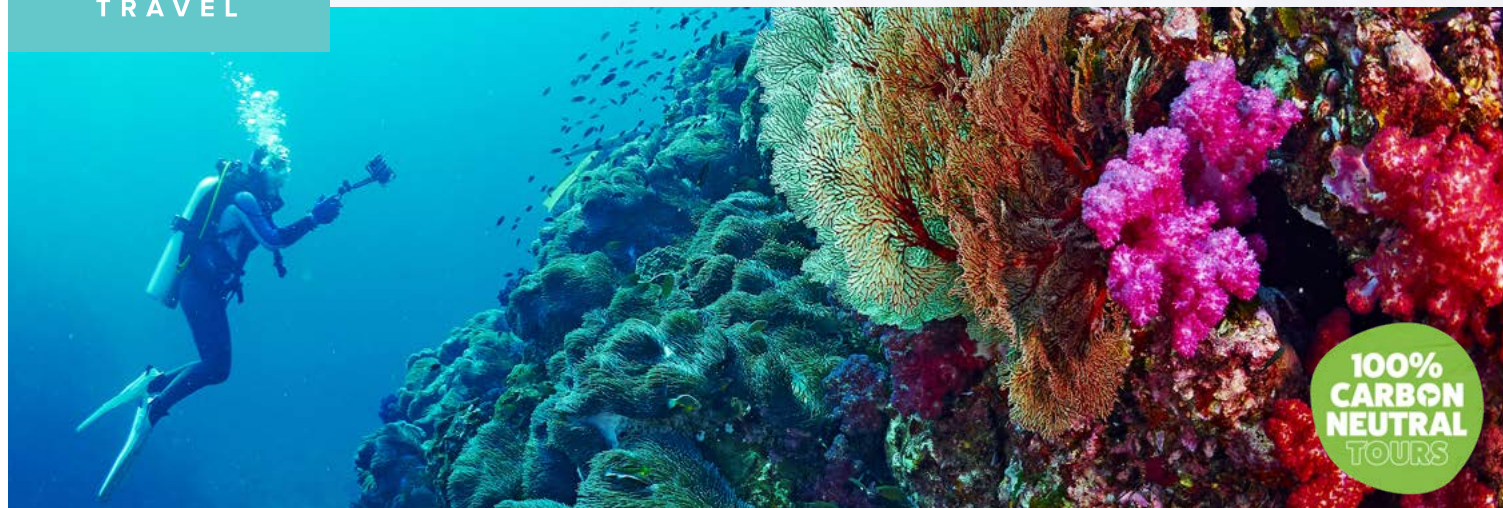




Ready to experience all that Thailand has to offer, above and below the water? Thai Intro + Dive is here for you. Over 13 days you'll see, experience, taste and feel all that Thailand has to offer, and best of all you'll leave a fully qualified PADI Open Water Diver. Learn the art of Muay Thai boxing, party full moon style, sleep in floating bungalows, and complete 6 incredible dives in the reefs and coves surrounding gorgeous Koh Tao. Oh, and did we mention you'll be doing all this with an awesome group leader for the first 9 days, plus an instant crew of new mates? The trip of a lifetime just got even better...

## BANGKOK ➔ KOH TAO

|                    |                                             |
|--------------------|---------------------------------------------|
| <b>Transport:</b>  | Train, Taxi, Minibus, Tuk Tuk, Ferry & Boat |
| <b>Meals:</b>      | 2B, 3L, 3D                                  |
| <b>Group size:</b> | 4 - 22                                      |
| <b>Age Range:</b>  | 18 - 39                                     |

## HIGHLIGHTS

- Cruise Bangkok's canals and experience local life
- Spend the night in a floating bungalow in the heart of Khao Sok National Park
- Dance till dawn at the full moon party beach on Koh Phangan
- Become PADI certified by completing 6 dives around Koh Tao.

## INCLUSIONS

- ✓ Airport Pickup To Our Accom 24/7
- ✓ 12 Nights Accommodation
- ✓ 8 Meals
- ✓ All Transport
- ✓ Awesome Group Leader for First 9 Days
- ✓ Help with Onward Travel
- ✓ Bangkok River Cruise
- ✓ Visit Ancient Temples
- ✓ Thai Cooking Class
- ✓ Khao Sok National Park
- ✓ Floating Bungalows
- ✓ Kayaking
- ✓ Island Trip
- ✓ Beach BBQ
- ✓ Muay Thai or Yoga Experience
- ✓ Thai Massage
- ✓ Western Dive Instructor in Koh Tao
- ✓ PADI Open Water Dive Certification
- ✓ All Diving Equipment & Manuals
- ✓ 6 Scuba Dives

### NOT INCLUDED:

Flights, travel insurance, visas & some meals

\*Please note, the Koh Tao portion of the trip is not guided by one of our group leader. However they will organise this section for you and be available for help & support during your entire stay in Thailand, including onward travel plans.



# ITINERARY & IMPORTANT INFO

## DAY 1 - ARRIVE IN BANGKOK

• **BANGKOK** Landing in Bangkok, we'll meet you at the airport and take you to your guesthouse in the heart of the travellers district, Khao San Road. Meet up with your travel crew and get excited for the adventures to come.

## DAY 2 - CANALS, TEMPLES & TUK TUKS

• **BANGKOK** We'll be experiencing Bangkok from a different angle this morning as we explore the city's legendary canals, taking in the local ways of life. We'll then stop by some of the city's most sacred and famous temples, travelling by tuk tuk through the wild and crazy streets.

## DAY 3 - THAI COOKING CLASS

• **BANGKOK** If you love Thai food, you'll be seriously into what comes next. This morning we'll be learning the secrets of Thai cooking with a hands on class, before boarding our overnight train (with fully reclining beds) south.

## DAY 4 - FLOATING BUNGALOWS

• **KHAO SOK** Prepare to feel like you're having a pinch me moment as we make our way to our next stop. Winding through limestone cliffs on a traditional long boat, we'll reach our floating bungalow home for the night in dreamy Khao Sok National Park. You'll then spend the rest of the day kayaking, tubing and monkey spotting.

## DAY 5 - WELCOME TO PARADISE

• **KOH PHANGAN** Let the beauty of the Thai Islands work their magic on you as we arrive into Koh Phangan, the island most famous for hosting the legendary full moon parties. Upon arrival we'll check into Sarana, our exclusive beach side bungalows that come complete with infinity pool, gym and yoga space.

## DAY 6 - TRADITIONAL MASSAGE

• **KOH PHANGAN** With a full day to yourself, today you can do as much or as little as you like. Chill on the beach or by the pool, explore the island, or play in the sea. You'll also be treated to a traditional Thai massage.

## DAY 7 - EXPLORE KOH PHANGAN

• **KOH PHANGAN** Today's all about exploring the very best of Koh Phangan, including some of the island's best secret spots and lesser known beaches. You'll spend the day sun bathing and then this evening we'll tuck into a tasty beach BBQ.

## DAY 8 - MUAY THAI OR YOGA

• **KOH PHANGAN** All that beach time got you feeling a little lazy? We've got just the thing to get you moving - a Muay Thai boxing class, where you'll learn how to punch and kick like a pro. In the mood for something a little more chill? You could instead opt for a private yoga class. Tonight's our last on Koh Phangan, so we'll be heading out as a group for dinner and drinks.

## DAY 9 - SCUBA THEORY

• **KOH TAO** Saying goodbye to your group leader today, you'll swap one island paradise for another as we travel to Koh Tao. Your pickup will meet you at the ferry and take you to your beach front resort for check in, then it's back to school (but in a fun way) for a lesson in SCUBA diving theory.

## DAY 10 - SHALLOW DIVE

• **KOH TAO** You'll be putting your theory skills to the test this morning as you head out on your first open water dive. Heading to one of the islands many bays, you'll undertake a shallow dive to go through some essential skills like learning to use your equipment, getting used to breathing underwater and learning to control your buoyancy.

## DAY 11 - TWO DIVES & TURTLES

• **KOH TAO** Two further dives are on the agenda today, where you'll reach a maximum depth of 12 metres. You'll be concentrating on putting your new found skills into action, but don't forget to also take time to appreciate the brightly coloured coral reefs, tropical fish, and perhaps even spotting a turtle or two.

## DAY 12 - METRE DIVE

• **KOH TAO** We'll head out to the famous Chumpon Pinnacles for an 18 metre dive to see bigger schools of fish, reef sharks and maybe even a whale shark!

## DAY 13 - CHECK OUT & 2 FUN DIVES

• **KOH TAO** Checking out of our beach front resort this morning, you'll have two final fun dives to complete as part of your dive package. Your unforgettable 13 day adventure will then come to an end. Those flying home will make their way to the airport, or keep living the dream and extend your stay in Thailand or South East Asia with our help and the new friends you've made.

## ARRIVAL INFORMATION

It's best to arrive on the actual start date, as that's when most people get in. While there are no activities on the first day, the group usually meets up for dinner around 7pm. If you do arrive early, we'll still pick you up from the airport if you're staying at our accommodation. You can book and pay for extra nights accommodation in the [Manage My Booking](#) area.

## AFTER THAI INTRO + DIVE

Your trip finishes in Koh Tao in the south of Thailand. There are a few options to get you back to Bangkok:

Take a 2 hour ferry from Koh Tao to Koh Samui and then a one hour flight back to Bangkok. Remember to leave enough time for connecting to your international flight out of Thailand. We will organise the ferry but you may want to pre-book the flight.

The second quickest and most popular option is to take a 4 hour ferry to Surat Thani and then a one hour flight back to Bangkok.

If you have more time you can also do the overnight train back to Bangkok.

Your group leader can help you with all these options and more in Thailand.

**Note:** It's not recommended flying within 24 hours of your last dive. If needed fun dives can be arranged earlier to allow for this.

## VISAS

Most nationalities including the UK, Europe, Australia, NZ, Canada, USD, 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.

## TRAVEL INSURANCE

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

**IMPORTANT:** If you suffer from asthma or any other serious lung conditions, you may not be able to participate in this course. If you are suffering from any other conditions that may restrict you from diving, you may be asked to produce a doctor's certificate. If you are unsure please see your doctor for advice.

Advanced, Discover Scuba and various other dive options are also available.



# ACCOM GUIDE

## BANGKOK - VILLA CHA-CHA KHAOSAN RAMBUTTRI

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

Air Con, 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 & Yoga Hall

## KOH TAO - SIMPLE LIFE DIVERS RESORT

4 NIGHTS

A beach front resort perfect for your dive lessons.

Twin/Double/Triple Rooms

Ensuite & WiFi

Friendly Staff & Beach Front Restaurant

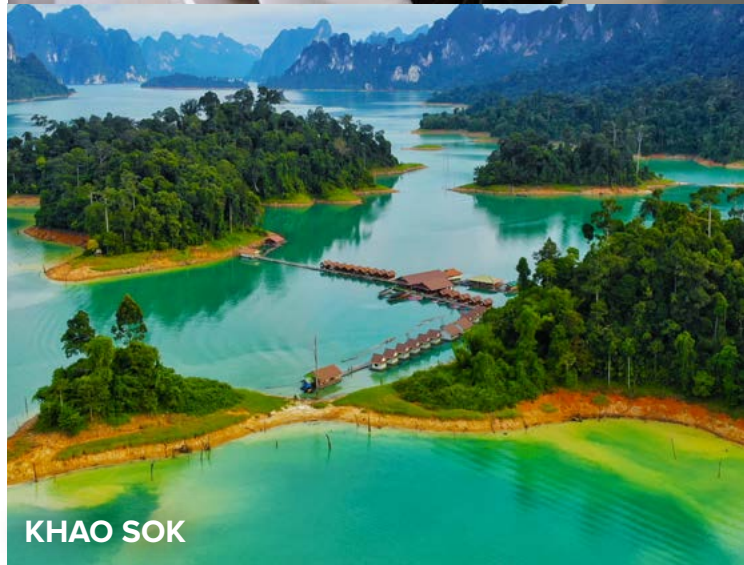
### IMPORTANT NOTE



The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.



BANGKOK



KHAO SOK



KOH PHANGAN



KOH TAO

# #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, and we are proud to say that every INTRO tour is 100% carbon neutral.

Small Change is our socially conscious initiative aimed at travelling responsibly and changing the world for the better!

[Find out more.](#)

## 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 share, so we will put you in a room with someone of the same gender.



### CAN I FLY WITHIN 24 HOURS OF MY DIVE?

It's not recommended flying within 24 hours of your last dive. If needed fun dives can be arranged earlier to allow for this.



### 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](#).



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



### CAN I CHANGE MY START DATE?

Enjoy ultimate peace of mind and flexibility with INTRO. Should your travel plans change or be disrupted you can change your start date or tour for free up to 30 days before your start date.



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

All 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.



### 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.



### 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 + Dive, 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!*

hello@introtravel.com  
introtravel.com