

Discover Thailand

Trip style: Worldwide holidays

Destination: 📍 Thailand

Trip code: TLD14-WHW10

Grades: 1, 2

Carbon Footprint: 🌳 3935kg CO2



HOLIDAY OVERVIEW

Taking you from the fast-paced bustle of Bangkok to the rainforests of Khao Sok National Park, the jewels in Thailand's crown shine brightly on this holiday. You'll experience it all – the golden temples and street food markets of Chiang Mai, Krabi's dreamy white sand beaches, jungle trekking and bamboo rafting, plus a two-night stay with northern Thailand's hill tribe people.

WHAT YOU'LL LOVE

- Exploring bustling Bangkok
- Spending a night with the northern hill tribes above Chiang Mai
- A guided walking tour around the temples of the former capital, Ayutthaya
- Exploring the rainforests and lakes of Khao Sok National Park
- Soaking up the 360-degree views in Krabi

WHAT'S INCLUDED

- Return flights from the UK including baggage and transfers
- Guided walks and sightseeing with local leaders
- HF Holidays Tour Manager (2025 only)
- 13 nights' accommodation across Thailand
- 13 breakfasts, 9 lunches & 9 dinners (2024)
- 13 breakfasts, 7 lunches & 8 dinners (2025)
- All sightseeing and activities (as per itinerary)
- All in-destination transport and internal flights

TRIP SUITABILITY

This holiday is a Walking Grade 2.

This holiday offers a mix of part and full day walks as well as sightseeing. Walks are generally 2-7 miles (3-11km) with up to 2,000 feet (600m) of ascent and similar levels of descent. You can expect to encounter a variety of terrain – from the bustling streets of Bangkok to lush and at times steep jungles of the north.

ITINERARY

Day 1: Depart UK

Our with-flights guests depart the UK on an overnight flight to Bangkok.

Day 2: Bangkok

We arrive in Bangkok and are joined here by our without-flight guests. Dinner isn't included this evening giving you free time to relax and explore the nearby restaurants.

Day 3: Bangkok

After a short morning orientation, we'll tour Bangkok and enjoy a traditional Thai lunch. In the evening, we'll come together for an official welcome dinner to celebrate the start of your adventure.

Day 4: Ayutthaya

We'll hop on the morning train to the former capital, Ayutthaya, famed for its wealth of temples. Enjoy a fully guided walking tour around these colourful shrines and in the afternoon, we'll transfer to Don Muang Airport (bags will be transferred there) for an evening flight to Chiang Mai, another former capital.

Day 5: Chiang Mai

Embark on a full-day tour of the walled city of Chiang Mai, birthplace of the Lanna Empire. Be wowed by its array of temples and old walls and in the evening, we'll head to the vibrant night bazaar where you can sample some northern specialities.

Day 6: Jungle Trek

Distance: 4 miles/6km Leaving the bustle of the city behind, we'll travel above Chiang Mai for our two-night jungle trek. First, we'll stop at a local market to pick up provisions, then a scenic drive takes us to a magnificent waterfall where you can freshen up with a dip. After lunch we begin trekking through the jungle to the Karen hill tribe village. Dinner is prepared for us, after which you can soak up the scenery and noises of the jungle from the outdoor terrace.

Day 7: Jungle Trek

Distance: 5 miles/8km We'll continue our adventure trekking through the lush jungle and rice fields, before lunch and a relaxing stop. After lunch we'll carry on to our mountain village, where we'll enjoy dinner together tonight in our tranquil surroundings.

Day 8: Chiang Mai

Drift down the slow-moving river on bamboo rafts to see the jungle from a whole other perspective. Then we'll return to Chiang Mai for dinner and to spend the night.

Day 9: Khao Sok National Park

This morning we'll fly to Surat Thani, the gateway to Thailand's best beaches and islands. Our destination is Khao Sok National Park – home to the oldest evergreen rainforest in the world as well as limestone mountains and spellbinding lakes. Once we're at the lodge, you have some free time to relax.

Day 10: Khao Sok National Park

A morning yoga session is included for those who want to start the day with some meditation and relaxation before breakfast. You'll have a free day in Khao Sok where there's the opportunity to experience an elephant care programme. After dinner we'll set off on a night safari through the jungle.

Day 11: Cheow Lan Lake

Distance: 4 miles/6km Today we'll transfer to Cheow Lan pier, and ride on traditional long boats across Cheow Lan lake. Upon arrival we'll walk into the jungle to reach a bamboo raft which will take us to an amazing cave. In the afternoon we'll have some free time and then spend the night floating on the lake under the stars, surrounded by the world's oldest evergreen forest.

Day 12: Krabi

We'll start our morning with a sunrise safari followed by a hearty breakfast. Then, we'll transfer back to Cheow Lan pier before boarding a private transfer to the beautiful beach town of Ao Nang in Krabi. You're free to spend afternoon and evening as you wish. Relax on the sand or visit one of the many restaurants nearby.

Day 13: Krabi - Dragon Crest Trail

Distance: 5 miles/8km Ascent: 550m We'll venture out on the Dragon Crest Mountain trek, which takes us to one of the most wow-worthy viewpoints in Thailand. It's located in the Moo Koh Phi Phi National Park and offers up 360-degree views of the Krabi coastline, distant islands, and the spectacular green limestone peaks rising from the valleys further south. Later in the afternoon, we'll make our way to a local cookery school for a Thai cooking lesson followed by dinner.

Day 14: Ao Nang Beach

Enjoy a free day to relax by the pool or the beach. There's plenty more on offer, including a boat trip to the islands, Railay beach, snorkelling, or a trip into Krabi town. In the evening, we'll all meet for a farewell dinner.

Day 15: Departure Day

After breakfast, our with-flight guests transfer to Krabi airport to begin our overnight return journey back to the UK

Day 16: Arrive UK

With-flight guests arrive back in the UK

Hill Tribe Community House - Thailand (2025)

For the two nights you spend with the hill tribe community, you'll stay in simple village houses with limited facilities.

Khaosok Boutique Hideaway - Thailand

Nestled amongst nature close to Khao Sok National Park, this glamping-style accommodation features all the comforts you need for a good night's rest, including air conditioning and an en-suite bathroom. There's also an outdoor pool to enjoy.

Khaosok Floating Bungalows - Thailand

Sleep above the lapping waters of Cheow Lan Lake in a floating bungalow.

Holiday Style Ao Nang Beach Resort, Krabi

Just a minute's walk from Nopparat Thara Beach and near the night market, this hotel offers modern, comfortable rooms with air conditioning, TV, fridge, minibar, balcony, and an en-suite bathroom. There are two pools to choose from, too.

W22 by Burasari, Bangkok

W22 by Burasari is a stylish 3-star boutique hotel in the heart of Bangkok's vibrant Chinatown. With cozy rooms, comfy beds, and all the essentials for a relaxed stay, it's ideal for solo travelers, friends, and families. Unwind in the airy 7-story garden atrium, enjoy city views from the rooftop, and explore the nearby historic Yaowarat Road and its bustling markets.

De Lanna Hotel, Chiang Mai (2025)

De Lanna Hotel is a charming 4-star retreat in Chiang Mai's historic old town, blending contemporary Northern Thai style with modern comforts. Surrounded by a peaceful tropical garden, the hotel offers cozy suites and a warm, welcoming atmosphere. Experience the city's unique blend of tradition and modernity with a laid-back stay in this friendly hotel.

Our Jungle Camp, Khao Sok National Park (2025 only)

For complete rainforest immersion, we'll stay in a charming treehouse or bungalow in the heart of Khao Sok National Park. Decking areas give you a comfortable vantage point from where you can tune into the rainforest's sights and sounds.

Cha Da Resort, Krabi (2025 Only)

Perched on the foothills of Ao Nang, Cha Da Resort Krabi offers stylish 4-star accommodation with breathtaking views of the Andaman Sea or lush tropical landscapes. Rooms come with vibrant Thai-Chinese décor and private balconies, while facilities include a gym and an outdoor pool.

Maewin Guest House and Resort

This peaceful country resort enjoys an enviable setting surrounded by Chiang Mai's cascading green rice terraces. Perfect for those looking to relax, it features a spacious bar and lounge area, outdoor activity spaces ideal for yoga, and a restaurant serving exceptional Thai cuisine.

Cross Vibe Chiang Mai Decem Hotel

Located in the lively Nimman district, Cross Vibe Chiang Mai Decem is where modern, design meets comfort. Guests can expect loft-style rooms, a vertical garden that shelters a salt-water pool, and a poolside bar serving up an excellent selection of freshly mixed cocktails, beers and soft drinks. There's also a 24-hour gym.

Safety information - SHARED WITH ALL WW

Please inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders must consider both group and individual safety at all times. Whilst out with the group, we respectfully request that you: Please listen to any safety instructions and other directions from the leader. Keep group members in view, especially if weather or visibility is poor. Please stay where you are if you become separated from the group. The leader will retrace their steps to find you. Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List). In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services.. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

Dietary requirements - SHARED WITH ALL WW

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs. If you require a specific meal on the flight, please let us know as soon as possible, and no

later than 96 hours before travel.

Vaccinations & health information for Thailand

This information is subject to change. In all cases, we highly recommend you consult your GP both for up to date details and for more information on what is appropriate to your situation. We recommend you do this at least 10 weeks before your trip. As a rule, travellers should be up to date with their routine vaccinations and boosters as recommended in the UK - including, for example, the MMR and diphtheria, tetanus and polio vaccines. Other vaccinations you may need to consider include: Hepatitis A and B Rabies Typhoid Requirements can change, and we recommend you check in good time ahead of your holiday. Dengue fever is present in Thailand, as is the risk of Malaria. There are no vaccinations and prevention is largely through the avoidance of bites. Your GP may recommend the use of antimalarial tablets. Please note: the use or possession of some common prescription or over-the-counter medicines is banned in some countries. In Thailand, there are restrictions to medication which are considered controlled substances. If you will be carrying medication, please check with the country's embassy/consulate prior to travel. There is more information on the Royal Thai Embassy website: <http://www.thaiembassy.org/london/en/services/84497-Bringing-Medications-to-Thailand.html> As an extra precaution, it is recommended to: Keep medication in its original packet Take a copy of your prescription If possible, ask your chemist to write the name of your medication in the language of the country you're visiting For further information on country specific advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk.

Passport & Visa information for Thailand

Passport Passports must be valid for at least 6 months beyond the end date of your holiday. You could be refused entry to Thailand if your passport is damaged or has pages missing. You may be asked for proof of onward travel. **Visas** British passport holders arriving by air or land can enter Thailand for 30 days without a visa. If you plan to stay longer, you must arrange a visa before travel. This must be obtained from a Thai Embassy or Consulate. For visa queries and entry requirements for other passport holders, please check with the Thai Ministry of Foreign Affairs: Ministry of Foreign Affairs, Kingdom of Thailand (mfa.go.th) For general information, see the FCDO travel advice: Thailand travel advice - GOV.UK (www.gov.uk)

Packing list - Overseas Guided Walking

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)
