



This trip is like the perfect Thai green curry - a little bit spicy, a little bit sweet, and one hell of a culture punch. Over 9 days you'll see, experience, taste and feel all that Thailand has to offer. From learning the art of Muay Thai boxing, to partying full moon style, to sleeping in floating bungalows, Thai Intro really does do it all (and more). Oh, and did we mention you'll be doing all this with an awesome group leader and an instant crew of new mates? The trip of a lifetime just got even better...

BANGKOK ➔ KOH PHANGAN

Transport: Train, Taxi, Minibus, Tuk Tuk & Ferry.

Meals: 2B, 3L, 2D

Group size: 4 - 22

Age Range: 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 famous full moon party beach on Koh Phangan

INCLUSIONS

- ✓ Airport Pickup To Our Accom 24/7
- ✓ 8 Nights Accommodation 7 Meals
- ✓ All Transport 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 Help with Onward
- ✓ Travel
- ✓
- ✓
- ✓
- ✓
- ✓

NOT INCLUDED:

Flights, travel insurance, visas & some meals



ITINERARY & IMPORTANT INFO

DAY 1 - ARRIVE IN BANGKOK

• **BANGKOK** Landing in Bangkok, we'll meet you at the airport and take you to your accommodation 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 floating markets and 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 class, before boarding our overnight train (with fully reclining beds) which will carry us 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 tail boat, we'll reach our floating bungalow home for the night in the 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. We'll check in to 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. 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 relaxed? 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 - DEPART KOH PHANGAN OR EXTEND YOUR STAY

• **KOH PHANGAN** Your amazing 9 day adventure finishes today! 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.

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

AFTER THAI INTRO

Thai Intro finishes on Koh Phangan in the south of Thailand. If you're staying on longer in Thailand, your group leader will help organise all of your onward travel.

If you plan to leave straight after Thai Intro and need to get back to Bangkok to return home you have a few options:

The quickest way back to Bangkok is by taking a short 45 minute ferry from Koh Phangan to Koh Samui and then a one hour flight back to Bangkok. The first ferry from Koh Phangan is approx. 7.30am and so your flight from Koh Samui to Bangkok should be booked for no earlier than 11am. If you choose this method and you're flying internationally from Bangkok, your international flight should be booked for no earlier than 3.30pm

The second quickest, and most popular option, is to take a 3.5 hour ferry to Surat Thani and then a one hour flight back to Bangkok. The flight to Bangkok from Surat Thani should be booked for no earlier than 1pm. If you choose this method and you're flying internationally from Bangkok, your international flight should be booked for no earlier than 6pm.

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

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.

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 - 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
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

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



OVERNIGHT TRAIN



KHAO SOK



KOH PHANGAN

#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.



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 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](#).



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.



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.



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.



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.

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!

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