



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



Extraordinary THAILAND

Multi Activity Tour

BANGKOK - CHANG MAI – KHO SOK National Park – KRABI

10 tour nights / 11 days

Welcome to Thailand!

From golden spires and enormous Buddhas to jungle backwaters, towering limestone pinnacles and palm-lined sand beaches, Thailand never fails to impress adventure lovers. Add the unique, world-recognized flavours from the Thai kitchen and of course, the hospitable people themselves who go out of their way to host millions of visitors a year - you begin to understand why Thailand is southeast Asia's most sought after destination!

Adventurebug is pleased to offer our *Discover Thailand Multi-Activity Tour* to our travel community. Designed exclusively by us, we focus on our favourite aspects of travel: natural landscapes, wildlife, diverse cultures, monuments, gastronomy, rural communities and of course, adventure activities. **We welcome you to our adventure escape to Thailand!**

Why you'll love this trip!

- Get deep in the culture & community by spending time with the locals, discovering their way of life, the unique gastronomy & unchanged customs for centuries.
- Discover the Royal cities of Bangkok & Chiang Mai where Buddhism is at the heart of society amongst the frantic market life carried out so effortlessly in Asia.
- Immerse yourself in the rainforests of Khao Sok National Park and discover unique flora and fauna in this lakeside paradise.
- Uncover a true slice of paradise in Krabi where sea explorations, snorkelling, tropical island visits and jungle strolls through unimaginable terrain will leave you breathless.
- Stay in first-class accommodations in ideal locations and benefit from local experts to enhance your cultural & gastronomic experiences to make the most of your Thai adventure!



Is this trip right for you?

- This is a guided multi-activity adventure that is not too physically demanding but does require that you're on your feet during the day and have good general mobility. You will be expected to pull your case on and off trains and planes at times, climb stairs and hike jungle paths, hoist yourself in and out of still water kayaks, bamboo rafts and unique taxis!
- Each day provides a light activity or two that are fun, diverse and allows you to explore both urban and natural environments. If you wish to sit out at times, that option's ok too! Day 9 is a totally free day to relax or try new things!
- Food, beverages and daily routines in Thailand are very different from home – this is what makes travel so exciting right? Not all Thai food is hot and spicy – there are international dishes everywhere due to high numbers of tourists. The food however is healthy, fresh and plentiful! Thailand is Asia and Asia is a bombardment of the senses. With the right mindset and tolerance, the country is a riot and will fill you with many happy memories and stories to share!



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ITINERARY

Our journey begins and ends in Bangkok, the nation's capital! From Bangkok we travel north to Chiang Mai before heading south to explore the jungles, rainforests and spectacular coastlines of south central Thailand. Activities listed may be subject to alterations pending climate conditions however suitable replacements will be offered.



Day 0 DEPARTURE FROM HOME

Depending on your travel schedule, you may wish to arrive a day earlier to Bangkok and feel refreshed for the adventure ahead. Americans and Europeans (at time of print), require a visa to travel to Thailand. The arrival procedures are simply showing your passport (provided it has 6 months duration on it still!

Please note, Bangkok has two international airports however the main one is Suvarnabhumi (BKK). This is something to bear in mind at the end of the tour when we return by plane to Bangkok.



Day 1 BANGKOK

Welcome to Thailand, the pearl of the orient and the land of a thousand smiles! Today is our first official tour day and a chance for you to acclimate from the long journey. Although no activities are planned, we will have a welcome dinner & orientation with Adventurebug. If you arrive early (*or a day in advance*), there is plenty to do apart from our city excursions outlined below. Your private transfer from the airport is included. We will meet at 5pm today to kick start our adventure! 4 Star Hotel Casa Nithra <http://www.casanithra.com/main/>



Day 2 BANGKOK

This morning we are hosted by a local specialist to share Bangkok's finest monuments – including: the Grand Palace & Temple of the Emerald Buddha as well as passing through the world's largest China town for a glimpse of how life unfolds! Expect to travel by private bus and on foot as we explore Bangkok. A full day of experiences and if time permits, we can wander down *Khao San Road* – the meeting point for generations of adventure travellers! Same Hotel / Breakfast & Lunch included.



Day 3 BANGKOK / Night Train to Chiang Mai (North Thailand)

Today we'll explore Bangkok's fascinating canal culture by taking a Longtail boat down the *Chao Phraya River*. Life along this river simply unfolds as we pass market traders, commuters, colourful produce, fruit sellers, fish mongers and more! Your afternoon is free for further explorations, souvenir hunting or to enjoy the calmness of a green space and just sit back and take it all in. Tonight (6.40 pm departure), we travel by train to Chiang Mai via a sleeper coach with air conditioning and private individual berths. Travel by train in Thailand is a wonderful experience revered by international travellers for decades! Breakfast only included today as

lunch can be bought in the canal marketplace. *Dinner can be sourced on the train itself and/or take-out Thai food options are available in the terminal.



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Day 4 CHIANG MAI

Good morning Northern Thailand! Our 12-14 hour train journey rolls into *Chiang Mai* at approximately 07.15 am. We'll drive 20 min direct to our hotel and take breakfast before heading out for our activities. Today we'll have a gentle hike through forests at the foot of the city to *Wat Pha Lat Monestary* (2 hours max / 650 feet gain), followed by a late afternoon guided FOOD tour of Chang Mai's culinary delights! 4 star Hotel in city centre (Yang Come Village) <http://www.yaangcome.com/> Breakfast and Dinner included. Note – *The Food Tour will account for tonight's dinner!*

Founded in 1296, Chiang Mai was capital of the independent Lanna Kingdom until 1558. Its Old City area still retains vestiges of walls and moats from its history as a cultural and religious center. It's also home to hundreds of elaborate Buddhist temples, including 14th-century Wat Phra Singh and 15th-century Wat Chedi Luang, adorned with carved serpents.



Day 5 CHIANG MAI

Today we venture into Chiang Mai's tropical landscapes by having a nature jungle hike (3-4 hours) and bamboo raft experience (1 hour) down a gentle flowing river as well as visit local communities. Sit back and observe an abundance of wildlife, including tropical birds and perhaps primates and local elephants in the care of locals. Later today, we return to Chiang Mai (1.5 hours coach travel each direction) and time permitting you can explore more of the city! Same hotel / Breakfast and Lunch included.



Day 6 KHAO SOK National Park (South Thailand) This morning we fly direct to *Surat Thani* in Thailand's rain forested south. Departure after breakfast. Here we have a 2 hour van transfer of to *Khao Sok National Park* – Thailand's most celebrated natural area for its lakes, jungles, wildlife and awe-inspiring terrain! We have included lunch (during the flight) today. For the next 2 nights / 3 days we'll immerse ourselves in beautiful nature, starting with a visit to a (*non-riding*), Elephant rehabilitation centre to discover these giants in a humanitarian way. Hotel Khao Sok ECO Resort Breakfast, lunch (on flight) and Dinner included. <https://www.khaosokecoresort.com/>



Day 7 KHAO SOK National Park

A visit to Khao Sok National Park is not complete without a boat tour on Lake Chew Lan. Activities today include an interpretive rainforest hike to a family farm with a cave visit & raft float and a traditional longtail boat tour, with opportunities to swim in the calm, clean lake waters. Tonight we'll stay in special Raft House lodgings run by our Khao Sok Resort! / All meals included today. *Note that we checkout of our main lodge this morning and spend the day (and night) on the lake. For our raft house night, we need only bring a small bag (leaving our larger luggage at the eco-lodge. The following day we'll be reunited with our main luggage. All

meals included.

Established in 1980, Khao Sok National Park in Southern Thailand is the country's most pristine natural wilderness under protection. It is covered by the oldest evergreen rainforest in the world with huge limestone mountains rising high above the jungle floor. Here we find deep valleys, lakes and waterways, subterranean cave structures and rich flora & fauna! This important biosphere plays an enormous role in Southeast Asia's efforts to protect and conserve natural spaces.





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Day 8 KHAO SOK National Park - KRABI

This morning we'll enjoy our final experience of Khao Sok with a morning boat safari to spot game followed by a gentle kayak on flat water in the Lake Cheow Lan region. After lunch we'll transfer by vans to Thailand's southwest coastal state of *Krabi* (2-3 hours), where we'll enjoy our final 3 nights in paradise – enjoying some relaxed days under palm trees and crystal-clear waters of the *Andaman Sea*. 4 star seaside hotel in Ao Nang Beach. Hotel Aonang Princeville Hotel & Spa

<https://www.aonangprinceville.com/> All meals included today.



Day 9 KRABI Coastal Paradise / FREE Day

This morning you are free to relax after many adventurous days. Some activities you can elect (not included in price are): Enjoy a jungle or beach hike from the hotel to spot monkeys and birdlife; take a Thai cookery course or visit the lively tourist markets near the hotel. You can also hop on one of many longtail boats for a 15 minute ride to *Railay Beach* for lunch and explorations. Aonang (our base) has much to offer and simply relaxing, take a Thai Massage, wander the coast and take time to reflect on the adventure is of benefit too. Same hotel / Breakfast only included.



Day 10 KRABI (Andaman Sea Island Visits)

Our final tour day offers a full day visiting the beautiful *Andaman Islands* by boat for snorkelling, swimming, light hiking & exploring jungle paths and observatories. Our boat journey (private speed boat), is normally over calm waters and the longest journey is approximately 40 minutes – making numerous stops in between. Expect plenty of sun, sea and water time on this final day of adventure! All snorkelling equipment is included. Same hotel / All meals included including a lunch whilst on the island tour.

Day 11 FLIGHT TO BANGKOK / End of Tour (Departure Day)

This morning we are transferred to Krabi Airport (30-45 minutes), where a direct flight returns us to Bangkok. Our main tour ends this morning and we'll be flying to **Bangkok (BKK) Suvarnabhumi International Airport (BKK)**. From here you are free to depart for home, or extend your stay in Thailand or continue travels in South East Asia! Breakfast only included on departure day.

PLEASE NOTE – in terms of booking your departure flight home (from BKK), It's likely we'll depart for BKK after breakfast (7 or 8 am) for example – expecting to arrive to BKK by midday or so / no later than this. If you feel the need to stay in Bangkok or around BKK a further night (pre-departure), you can book this easily using booking.com as there are plenty of quality hotels 10-20 minutes from the airport.



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TOUR INCLUSIONS

- 10 TOUR nights' accommodation twin or double share (single room not chosen) and 1 of these nights is by TRAIN
- Meals as per itinerary above
- **Airport transfers arrival only (as per conditions stated below) Tour ends back at BBK Airport so no transfers required.
- Private transfers via coach, taxis, boats, ferries and private tourist vehicles
- 1 overnight train journey in Tourist Class Sleeper / individual private sleeping berths per person / Train 9 (most modern)
- 2 economy air passages within Thailand:
(maximum checked baggage limit 20 kg / 44 pounds + 1 carry on 7 kg / 15 pounds)
- All daily guided excursions & activities with local guides where applicable as per itinerary
- All entrance fees as per itinerary
- Entrances to Inland and Coastal & Inland National Parks as per itinerary
- Entrances to private reserves, gardens, temples, etc. included as per itinerary
- TIPS including local guides, drivers & included meals
- Regional taxes, tourism taxes and associated agency fees
- Matt Butler's Tour Manager leadership throughout the entire excursion

Not Included

- International flights (to/from Bangkok, Thailand)
- Tips for airport transfer driver (5 USA dollars is ok per car)
- Travel insurance (compulsory to have personal travel and medical insurance & cancellation insurance recommended)
- Beverages at meals (alcoholic & non alcoholic)
- Optional additional tours or activities during free time (ie. Sport options, Thai massages, cookery courses)
- Museums, temples, galleries, tourist sites, monuments, etc. that are not included in the organized tours
- Expenses incurred from change of internal flight(s) name errors, lost baggage, etc.

*PLEASE NOTE – Train (sleeper car), passage subject to final number of participants and availability. If train is not viable, a flight to Chiang Mai will be offered for no additional expense.

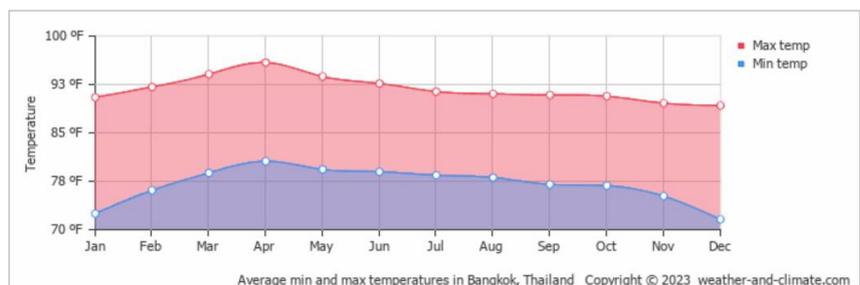
Additional Nights pre/post Tour

Please consult with us directly if you require additional pre or post tour nights at our hotels. We will put you in touch with hotels for direct booking as this is easier for participants to arrange (to fit their personal travel needs).

ABOUT THIS TOUR

WEATHER

The weather in the region of southeast Asia is tropical. This is defined as constantly mild days with high humidity at times, which is increased in busy urban areas. Having said this, the natural areas of this tour bring refreshing temperatures due to forest cover, slightly higher elevations and lake, river and seaside aspects. Expect 80-90 degrees in the day and 70's in the evenings. January is the dry season however sporadic, short-lived rain showers can exist in the southern part of Thailand at times.





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PERSONAL MONEY (updated Jan 21, 2025)

The currency of Thailand is the Thai Baht. The current (Jan 2025) rates are displayed below:



Outside of meals & activities not included in your tour price, you may wish to have money for other purposes. This could include beverages during/after dinner, local souvenirs and any sites or experiences you may take on independently.

Exchanging money between your currency and the local Thai Baht is easy. Some options are:

- Use your ATM bankcard in local bank machines (good rates of exchange and low fees may be found – pending your bank card arrangements from home – remember to tell your bank you will be using your ATM card in Thailand!)
- Buy Thai Baht from banks and moneychangers Bangkok
- Pay with your credit card (accepted for larger purchases and in credible establishments) **BUT NOT FOR SMALL DAILY PURCHASES!**

TELEPHONE AND INTERNET SERVICES

You can arrange to have your cell phone set for international call services – look into your phone server for best rates specific to this destination. Alternatively local SIM cards can be purchased that include calls, data or one of the other. Be sure your cell phone will permit you to add a foreign SIM card. INTERNET wifi is available in all our hotels - including many cafes throughout the region. Please note, hotel wifi connection is found in the common areas but not always guaranteed in rooms.

INSURANCE

Please ensure, as a condition of travelling with Adventurebug that you have contracted **personal travel insurance** which covers you for accident, injury, evacuation, hospitalization and general health concerns. We strongly recommend in this day and age, **cancellation insurance** to cover you for incidental both before and during the tour. Adventure bug is a licensed operator of Adventure Travel and thereby has necessary licensing but cannot cover personal accident, health and travel cancellation insurance for our participants.

TIPPING

Tipping for meals and transport services (buses, etc) and local guides on tour are included. Optional tips for hotel services, any porter services are not included. If you wish to make additional tips (or donations) to our guides or organizations we may visit, these would be graciously received.

HEALTH & SECURITY

Thailand has few annoyances or serious health problems. Society is overwhelmingly peaceful as it's a Buddhist nation and non-violent. There can be tension between Government (which is a Monarchy), and the public at times leading to strikes, demonstrations and protests. Always avoid large groups in demonstration and/or posting images online or blatantly photographing these events. One must remain cautious of pickpockets and the random scams from those who prey on tourists. Like anywhere, avoid exposing any wealth or expensive possessions in public places and be mindful of your important documents and cash. A money belt is handy and generally not carrying many items into busy areas helps – mitigation and good planning is the best method! Occasional harassment to buy items in the market place is common place and generally benign. Violent crime is localized to areas and times of day that this tour will not be present (ie. night clubs, seedy districts, etc).

For up to date **health information** for Thailand, consult the CDC website: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/thailand> and / or speak to a medical specialist who can advise for travel inoculations to this region. Malaria is present in Thailand during the wet season and restricted to remote areas such as border lands in the tropics, not generally where this trip takes place. A rabies vaccine may be handy but for the most part we are not in remote regions where medical services are a problem. Be sure you're up to date on common vaccines and see the CDC list for specialist ones for this region. For further reading on health and security matters in Thailand, check out the UK Government advisory: <https://www.gov.uk/foreign-travel-advice/thailand/safety-and-security>

In Thailand we avoid **TAP water** and use either bottled mineral water or (better for plastic reduction), bring a bottle and refill from filtered water stations in hotels – which are becoming more common.

Covid is currently not a concern in the region and proof of vaccines or arrival test results are not required. Closer to the tour date, we will review to see if there are any health alerts or precautions necessary.



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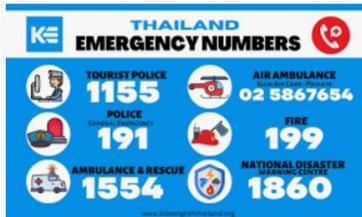
ELECTRICITY



In Thailand, the voltage of domestic AC is **220 volt** (50 cycles). Foreign visitors are advised to bring along travel adaptors to fit the outlets in the country. Thailand uses both the flat bladed plugs common in the USA & Canada, as well as the round pin plugs used in continental Europe. Most wall sockets will take both styles.

CONTACT NUMBERS:

Adventurebug Worldwide is your specialist operator for this tour. Contact numbers are as follows:



Adventurebug 24 contact (mobile / cell) +34 635 817 819
Adventurebug Office contact +34 952 894 308
Adventurebug Office EMAIL info@adventurebug.com
Thailand Emergency Number (All languages) 1155

PACKING & EQUIPMENT LIST

Please bring only what you need, this helps you to travel light and without straining yourself. There are a number of times you are required to roll (or carry), your principal luggage on/off trains, planes and to/from buses. Some of the hotels are in wilderness settings and may require short paths, trail and stairs to access rooms. Generally your guiding team is on hand to assist, but this may not always be the case.

We recommend a mid-sized or conservative rolling suitcase or soft rolling pack (*that can be locked*) for carrying your daily clothes and personal items. Your daypack should have a waist belt and a chest strap to give your back / shoulders a rest and to support the personal items you need to carry daily (water, snacks, layer of clothing, camera, etc). During the activities and visits, you are required to carry your own water and rain wear, etc.

- ___ Hiking / active clothing – loose fitting, quick dry, cool light layers, good hiking socks and spares
- ___ Good walking shoes with solid grip designed for rural paths with ankle support (worn in beforehand)
- ___ Extra pair of shoes to wear like sandals or sneakers for evening and post activity sessions
- ___ Loose, comfortable wear for evenings in the tropics (non formal) that is light to carry
- ___ Light Rain layer for the small possibility of an afternoon shower
- ___ Day pack for day visits / activities (25 litre minimum / waterproof or with rain cover)
- ___ Water bottle (refillable) or water bladder (camel bak) *Note – there are no long trail days on this excursion
- ___ First aid or medication supplies such as band aids, blister support, paracetamol, prescriptions, etc. (small kit)
- ___ Walking pole(s) recommended for the varied terrain
- ___ Toiletries (soap, shampoo, etc) & spare reading glasses
- ___ Zip lock bags
- ___ Towel and swim wear including a sun protective swim top
- ___ Large, sun-protective hat cover that is light and cool
- ___ (head light) and extra batteries
- ___ Pocket knife or multi tool (remember to pack in your checked baggage on flight)
- ___ Hand wash, antibacterial – for washing hands before meals, etc.
- ___ Quality Face Mask(s) for disease prevention
- ___ Good waterproof sun block / SPF lip protection & polarized sunglasses
- ___ Optional shoe covers (gators), to prevent rock / sand from entering top of boots
- ___ Other optional: Camera, binoculars, phrase book, water-sand proof cover for phone (zip-lock bag?), energy snacks / fluids, duct tape for minor repairs, mask/snorkel, small master lock and key, small waterproof bag for canoe, kayak and river float, battery pack & charger for phone and camera