

Wildlife & Beaches

Country(ies): Thailand

Tour type: Private

Transport: A/C minibus/car, sleeper trains & ferries

Group size: Min: 1 | Max: 0

Days: 14 days

Start Location: Bangkok, Thailand

End Location: Bangkok, Thailand

Meals: Breakfasts - 14, Lunches - 9, Dinners - 4

Highlights: Bangkok sightseeing, Damnoen Saduak floating market, Erawan National Park, Khao Sok National Park, river canoeing, jungle Walks, Ko Samui beaches, Ang Thong Marine Park



Itinerary

Day 1: Arrive in Bangkok

You arrive at Bangkok airport where we greet you and transfer you to your hotel. Your Encounters Travel rep welcomes you, helps you settle into the hotel, and provides you with some useful tips for exploring the area as well as outlining the schedule for the next few days.

OVERNIGHT: Bangkok hotel

MEALS: None

EXTRAS: Single room supplement (THTMWB)

Day 2: Kanchanaburi & River Kwai

Today we head out on a trip to historic Kanchanaburi where the remains of the famous bridge over the River Kwai can be seen. We visit the Allied War Cemetery, war museum and the bridge over the River Kwai. After a lunch by the river the afternoon is free for you to enjoy Kanchanaburi town and its natural surrounding, or to do some optional horse riding along the river.

OVERNIGHT: Kanchanaburi hotel

MEALS: Breakfast,Lunch

EXTRAS:

Day 3: Erawan National Park, jungle walks & wildlife viewing

After early breakfast we take a 1½ hour drive to the heart of Erawan National Park. Our team of porters will carry both personal and group gear, leaving you free to investigate the mysteries of the tropical forest with your guide. En route to our base camp, we'll get a look at some of Erawan's 300 or so bird species, and use the mammal signs we find to get an insider's view of this unique area. After a delicious lunch prepared by our field cook and served under our spacious field tent (complete with mosquito net), you can either relax at the camp or spend the afternoon getting to know the local flora & fauna, before returning to base camp for a cold drink and a hot shower. After a sumptuous Thai dinner, we'll peel back the darkness using a lighted insect station and headlamps to get a look at the nocturnal life of the forest. Walking distance for today is around 5-7 km.

OVERNIGHT: Jungle camp

MEALS: Breakfast,Lunch,Dinner

EXTRAS:

Day 4: Erawan National Park, wildlife viewing

Our wake up call is a hot fresh cup of coffee or tea in the surprisingly chilly atmosphere at 600m. As the forest slowly wakes up, we'll be quietly climbing into our nearby tree platform for a view all the way to the Burmese border. The platform is a great place to see some of the resident great hornbills and other canopy birds, and get a

bird's eye view of life in the forest canopy. From here we'll also be able to hear the fascinating and complex calls of one or more gibbon family groups in the area. Afterward breakfast we trek deeper into the forest and look out for elephant signs and other interesting flora & fauna. A packed lunch and some time to relax after a full morning of activity is followed by a leisurely walk out of the forest to be met by our transport at the trailhead from where we drive back to Kanchanaburi arriving in the late afternoon. Walking distance for today is around 6-8 km.

OVERNIGHT: Kanchanaburi hotel

MEALS: Breakfast,Lunch

EXTRAS:

Day 5: Mon Village tour, then transfer to Bangkok

In the morning there is a chance to visit a local Mon village. Here you can see the local villagers in their colourful traditional dress and observe some of their simple day to day lives. Later in the afternoon we will transfer back to Bangkok, where the evening is free for you to enjoy Bangkok's lively nightlife.

OVERNIGHT: Bangkok hotel

MEALS: Breakfast

EXTRAS:

Day 6: Bangkok, cycling tour, birdwatching & boat ride

This morning we transfer to the Bangkok countryside for an easy cycling tour. We start at the Kamalulislam mosque, hub of the local Muslim community. Riding along canals we glimpse the harmonious lifestyles of Thai families, fish farms, rice mills, traditional Thai wooden houses and visit the old market town of Nong Chock. Along the way there are excellent opportunities to view the varied local birdlife. At Nong Chock we trade our bikes for boats and complete our journey with a river cruise down the Saen Seab canal.

OVERNIGHT: Bangkok hotel

MEALS: Breakfast,Lunch

EXTRAS:

Day 7: Bangkok floating market & handicraft tour, overnight train to Surat Thani

Early this morning we head out to one of the most authentic and colourful floating markets in the Kingdom at Damnoen Saduak, a district in Ratchaburi Province. En route, we make a stop at a house where home-made palm sugar is produced.

After the market we drive to Wat Don Wai, an old community with a lively street market, where local food and desserts are prepared. We then continue on to Wat Raiking, which is famous for its holywater and fish sanctuary, passing orchards and orchid farms along the way. After lunch we visit a hand-made ceramics works, famous for its five-colour Benjarong ceramics. Originating in China these traditional designs were very popular around the mid 19th century.

In the evening we board the sleeper train for the overnight journey to Surat Thani, staying in second-class air-conditioned sleeping berths.

OVERNIGHT: Sleeper train

MEALS: Breakfast,Lunch

EXTRAS:

Day 8: Surat Thani, transfer to Khao Sok National Park

We arrive in Surat Thani in the morning and after breakfast, will Wildlife then transfer by road to Khao Sok National Park. The park comprises 656 sq. km. of dense rainforest with waterfalls, limestone cliffs, numerous streams, an island-studded lake, and many riverside walking trails. Late in the morning we'll take a walk in the Park with an experienced local jungle guide. After lunch it's time for an easy walk into the surrounding area to visit some small caves and a village temple. We spend the night in large treehouses (complete with proper beds, shower and toilet), right up in the forest canopy (see accommodation section below for more information).

OVERNIGHT: Tree house

MEALS: Lunch,Dinner

EXTRAS:

Day 9: Khao Sok, boat ride & hike

After breakfast we transfer by open pick-up truck to the Raja Phraba Lake. Here we take a boat to our accommodation, which comprises raft houses, floating on the lake, arriving in time for lunch. After settling in and taking lunch, we will take a boat trip to another part of the National Park for a 2-3-hour hike to a wonderful vantage point giving a dramatic and panoramic view of the lake and the surrounding limestone mountains. Then it is back to the raft houses for dinner and some relaxation. After dinner you can take a guided walk to observe the natural nightlife of the rainforest.

OVERNIGHT: Raft house

MEALS: Breakfast,Lunch,Dinner

EXTRAS:

Day 10: Khao Sok, jungle walk, lake activities

It's an early morning today as we take a longer hike into the jungle to observe and learn more about the local flora and fauna. We'll view local wildlife, giant trees - some with huge buttress roots, wild orchids, ferns and much more. We then return to the raft houses for a late lunch and the rest of the afternoon is free to relax. Various options are available to swim, or go tubing on the river.

OVERNIGHT: Raft house

MEALS: Breakfast,Lunch,Dinner

EXTRAS:

Day 11: Khao Sok, free time then ferry to Ko Samui

This morning is free time for you to enjoy more options or jus to relax in the park's wonderful natural surroundings. Later in the morning we drive back to Surat Thani for your late afternoon ferry crossing to Ko

Samui and our hotel on the beach.

OVERNIGHT: Ko Samui hotel

MEALS: Breakfast

EXTRAS:

Day 12: Ko Samui, free time

Today is completely free for you to enjoy your time on this beautiful island. There are many optional activities available or perhaps just relax and soak up the sun. Exploring the island by scooter is a good option and many great restaurants and bars await you this day.

OVERNIGHT: Ko Samui hotel

MEALS: Breakfast

EXTRAS:

Day 13: Ko Samui, transfer to Ang Thong Marine Park

In the morning we transfer to the pier for a speedboat ride to Ang Thong Marine Park. On arrival we will enjoy the spectacular scenery of this national park, with more than 40 islands dotting the emerald waters of the Gulf of Thailand. Stops will be made for snorkelling and also at Ko Mae Ko for a stunning view of the inland lake, before continuing on to Ko Wua Lap, for lunch. Ko Wua Lap offers an excellent opportunity to canoe around the island, trek up the hill for scenic views, go cave exploring or just swim amongst the stunning coral reefs. Our night will be spent either in tented accommodation or basic bungalows.

OVERNIGHT: Tented camp

MEALS: Breakfast, Lunch

EXTRAS:

Day 14: Ang Thong, free time then transfer back to Ko Samui

Today is free for you to enjoy more exploring of this wonderful wildlife retreat, or to get in some more relaxing before a late afternoon boat ride back to Ko Samui.

OVERNIGHT: hotel on Ko Samui Island

MEALS: None

EXTRAS:

Day 15: Ko Samu, free time

We leave the whole of the day today free for you to enjoy your time on the island. There are many optional activities available or you can just relax and soak up the sun.

OVERNIGHT: Ko Samui hotel

MEALS: Breakfast

EXTRAS:

Day 16: Ko Samui, free morning then ferry & overnight train to Bangkok

This morning is free to enjoy a last bit of sunbathing or swimming, before our ferry ride back to Surat Thani. From Surat Thani we catch the overnight sleeper train back to Bangkok, where we transfer to our hotel.

OVERNIGHT: Sleeper train

MEALS: Breakfast

EXTRAS:

Day 17: Bangkok city canal tour

This morning is free for you to relax after the overnight train journey and to settle into your hotel (you may need to wait a little before rooms are available to check-in). In the afternoon we take a cruise along the canals of Bangkok's surprisingly rural western suburbs and enjoy the natural scenery and observe the daily lives of the people who live along the canals. We stop en route for an opportunity to talk to some of the students attending the temple school or take a leisurely stroll through vegetable and herb gardens. Continuing by boat we visit an orchid farm and the boathouse where the Royal Barges are kept and maintained.

OVERNIGHT: Bangkok hotel

MEALS: None

EXTRAS:

Day 18: Tour ends

Your day is free until we transfer you to the airport in time for your flight home. As many flights leave Bangkok in the evening, you have time during the day to do some more tours, and we offer a range of options including a morning visit to the Damnoen Saduak floating market or a full day tour to Kanchanaburi and bridge on the River Kwai.

Extensions are also available on this tour to visit Ankor Wat in Cambodia, or to head to another beach for some rest and relaxation. Please contact us for details.

OVERNIGHT: N/A

MEALS: Breakfast

EXTRAS:

Included:

- All accommodation as stated in the itinerary
- All transport and transfers
- 24-hour airport arrival & departure transfer service
- Services of a local tour guide during sightseeing and activities
- Entrance fees to all sites mentioned in the itinerary
- Meals as indicated in the itinerary

Excluded:

- International flights (available on request)
- Visa fees
- Travel insurance (compulsory, available on request)
- Meals not indicated in the itinerary
- Drinks, snacks and other personal expenses (e.g. laundry)
- Tips for tour leader, rafting guide and park guide
- Sleeping bag (for Ang Thong)
- Any other items not mentioned above

Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements - full details are given on the tour reservation form or on request.

No Options

1. Money

The currency in Thailand is the Thai Baht (THB). You do not need to arrange to bring any Thai Baht with you to Thailand, as change facilities are readily available in the airport, hotels and banks. We recommend that you consider bringing both credit cards and some cash in a hard currency (e.g. GB Pounds, Euros, US Dollars).

ATMs are readily available in the arrivals hall of Bangkok airport and in most major towns. Many local shops in larger towns and resorts will accept VISA/Mastercard or Amex, but may charge fees of up to 10% - check before you pay. Travellers cheques are not recommended as they can not be changed in many places now, and can incur high fees.

For security we recommend that you use the safety deposit box in your hotel room or at the hotel reception if available. You should also be careful of pickpockets in crowded places, especially places like Khao San Road in Bangkok.

While in Thailand you will need sufficient funds to cover meals not included in the itinerary, drinks, snacks, souvenirs and personal expenses such as laundry. Check the Included/Excluded notes below the tour itinerary for more guidance. These should generally all be paid for in Thai Baht.

It is difficult to recommend a level of personal spending money which will suit everyone as this can differ greatly, but as a guideline, we would suggest allowing USD 15-25 per person per day as a minimum. Allow more if you plan on doing lots of shopping, or buying many alcoholic drinks.

2. Booking & Payment

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please [contact us](#) if you would like any more information or have any questions before making a booking.

3. Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.

We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel's insurance policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see [our website](#) or [booking conditions](#) for more information.

4. Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.

The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.
- Communicate: Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.
- Conserve energy: Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- Don't litter: No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- Choose environmentally friendly products: By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.
- Respect local customs and traditions: As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).
- If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

5. Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

www.facebook.com/encounterstravel

<https://x.com/encounterstravel> (yes, without the 'e')

6. Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? [World Nomads Travel Insurance](#) offers coverage for more than 150 adventure activities as well as emergency medical, lost luggage, trip cancellation and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

IMPORTANT: We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this

at the start of the tour.

Covid-19

Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.

7. Before you travel

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current [official government travel advice](#) for your destination. We are registered partners with the UK Foreign Office's '[Travel Aware](#)' campaign which provides further useful and invaluable information.



8. Reduce Plastic Waste with Water-to-Go Filter bottles

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

How Water-to-Go Technology works:

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

The three technologies used in a Water-to-Go filter are:

- Mechanical filtration – A tiny pore size, so small contaminants can't fit through.

- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.
- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon's efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

Water-to-Go filter bottles deliver safe, healthy water worldwide

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

Use Water-to-Go products and you'll be healthier, wealthier and helping to make the world a better place!

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

9. Private & Tailor-made Tours

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please [contact us](#).

10. International Flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don't include your international flights in the main tour price. We are however very happy to suggest flights to go with the tour. Please contact us with your preferred dates and departure airport and we'll give you a selection of airlines, times and fares to choose from.

Your airport arrival & departure transfers are included on the first and last days of the tour.

Most of our Thailand tours start and finish in Bangkok, and include an arrival and departure airport transfer from/to Bangkok international airport (BKK). However, some tours also finish on one of Thailand's islands. Transfers back to Bangkok or to one of the nearby island airports can be arranged on request.

We do also sometimes advertise flight inclusive packages from selected airports. Where these are shown on our website, prices are correct at the time of quoting, but are subject to continued availability of the fare used. Prices will be reconfirmed at the time of booking, and we will also provide the flight times and airline details before tickets are issued.

Flight inclusive prices are based on the cheapest Economy ticket class available which is generally non-refundable and non-changeable unless the flight is cancelled for reasons such as Covid-19, in which case the airlines are more flexible. More flexible ticket options, as well as Premium Economy and Business Class tickets are available on request for an additional supplement. Any changes made to flight inclusive bookings will be subject to the airline rules on your ticket.

Flight CO2 Emissions:

Traveling by air is an amazing way to explore the world, but flights also contribute to carbon dioxide (CO2) emissions that impact the environment. By considering the airline's CO2 emissions when you choose your flight, you can help minimize your travel footprint.

When selecting your international flights and airline, we do therefore recommend that you try and also take into account the flight CO2 emissions. Some airlines and flight search websites (eg. Google Flights, Skyscanner) do publish this information, so you can compare between your flight options and make an informed decision. Thankfully, many airlines are working towards sustainability efforts, and choosing a greener option allows you to contribute to positive change while still enjoying your incredible adventure.

11. Entrance Fees

The tour price includes entrance fees to all the tourist sites mentioned in the itinerary. You will need to cover the cost of entrance to any other extra sites that you may wish to visit.

12. Tipping

Tipping is not part of Thai culture but has become customary but not compulsory in the tourist and service industry. Tipping is always optional, and any amounts paid should reflect excellent service. You may therefore wish to tip your guide and driver at the end of the tour. You should not feel obliged to tip any particular amount, and should consider your personal budget. We are often asked to provide a guide however, and can suggest that approx. GBP 5 / USD 8 per person per day would be appropriate.

13. Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination. You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions. In addition, additional courses or boosters normally recommended for the countries in this region are:

Thailand: Additional vaccinations: Hepatitis A, Tetanus. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Vietnam: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required

if arriving from an infected area.

Cambodia: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Laos: Additional vaccinations: Diptheria, Poliomyelitis, Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from an infected area.

The above information can change at short notice. For up to date health information & vaccination requirements we recommend that you contact your medical practitioner or a travel clinic.

Malaria: Vaccinations are not available against Malaria, which is a disease transmitted by mosquitoes that can be very serious and sometimes fatal. You should avoid mosquito bites by covering up bare skin with clothing such as long sleeves and long trousers and applying insect repellents to exposed skin. When necessary, sleep under a mosquito net. Mosquitoes are most active during and after sunset. You should consult with your GP/medical practitioner/travel clinic about the most appropriate malaria prophylactic medication to take for the regions you are visiting.

Yellow Fever: This disease is spread by infected mosquitoes that bite during the day. A Yellow Fever Certificate of vaccination may be required as a condition of entry depending on which country you are arriving from, or that you have travelled or transitted through recently (including connecting flights with stopovers of over 12 hours). You can view this US CDC information about where the virus is present and follow the links to further information detailing which countries need you to have a Yellow Fever vaccination as part of their entry requirements. Please ensure you have this certificate with you and to hand if necessary.

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disabilities that you may have.

14. Passports and Visas - Thailand

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities.

Most foreign nationals (including UK, EU, USA, CA, AU, NZ, SA) are granted a visa exemption on arrival for stays in the country of up to 30 days. If you are looking to spend longer in Thailand then you will need to leave the country and re-enter to extend your stay. We strongly recommend arranging your visa in advance if you would like to stay longer than 30 days in Thailand.

15. Voltage

Sockets are two round or flat pronged and 220 volts (Type A, B, C). Universal adaptors are available in most airport shops if you don't have one already. Standard European adapters will work fine, though sometimes they may feel a little loose in the sockets. All hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are normally available on request from the hotel reception if not in your room already. If you have US appliances (110 volts) you will need a voltage converter as well as a plug adapter.

16. Time

The time in Thailand, Vietnam, Cambodia and Laos is GMT plus 7 hours. Daylight saving adjustments are not observed.

17. What to take

Luggage: Suitcases, rucksacks or fabric holdalls are all fine to bring with you to Thailand, though if your itinerary has many stops and different travel included within it, we recommend packing light and not bring any large cases. You should also bring a small daypack/bag to take out during the day. Your main luggage will normally be left in

the hotel during your sightseeing trips – you will not need to carry it far, and there are nearly always hotel porters to assist.

Luggage limits: There is no luggage limit for this tour. However, most airlines restrict you to between 20kg and 25kg for your hold luggage and between 5kg and 10kg for hand luggage. Please check with your airline before travelling to the airport.

Climate and Clothing: There are three reasonably well-defined seasons in Thailand, but unlike in Europe, where seasons are temperature based, Thailand is tropical and generally speaking warm all year round. Rains from the monsoon are the marker of seasons and the rainy season is from June to October. Pre-monsoon is from March to May, when the weather becomes progressively hotter. Post monsoon is from November to February when the weather is cooler. The range of temperature is more marked in the north where pre-monsoon can be very hot, though the heat is much drier than in the south. Winter in the north can feel cool, particularly in the mountains. Take light clothes with something warmer for the winter nights if you are travelling to the north. Some light raingear would be useful in the wet season.

Other items: We recommend you also bring:

- Cool footwear (sandals are ideal). If you are interested in exploring the reefs, a pair of reef shoes is recommended to avoid injuries. If you are trekking, then bring comfortable and sturdy walking shoes or light walking boots.
- Swimming costumes – rash-guards/t-shirts are recommended for snorkelling to avoid sunburn.
- Sunscreens, after sun lotions and personal hygiene products – Please adhere to 100ml restrictions for anything you wish to carry on hand-luggage on flights.
- Prescription medications (if required) – please bring supporting documents.
- Power adapter for phones, laptops etc
- Sunglasses and hats
- Basic first aid kit and toiletries
- Money belt
- Small torch
- Dive certification card and log book if you intend to participate in SCUBA diving.
- Sleeping bag if your tour includes any hill-tribe or village trekking

18. Culture and Customs

Dress code

The Thai people consider dressing appropriately to be important and respectful, so please follow their example. This means covering up your swimwear while not on the beach or by the pool, and while shorts and T-shirts are fine, please try not to look scruffy. Remember to take your shoes off before entering local houses or any religious buildings.

Temple etiquette

When entering temples you should wear clothes that cover your knees and shoulders. Women may be asked to wear long skirts, not trousers, and shorts are not appropriate for either sex. You may wear a shawl to cover up and these are sometimes available to hire before entry. Again please take your shoes off before entering.

Buddhist Culture

Thailand is a Buddhist country and Buddhism permeates nearly all aspects of society and culture, resulting in a country with different customs to much of the West. Rudeness and disrespect are frowned upon and you will be judged on your behaviour. Some tips for behaviour to avoid causing offence are; do not touch other people with your feet, point your feet at Buddhist statues or shrines (be careful of this when you sit), and don't touch the head of someone you don't know well. Public displays of affection are frowned upon, so save these until you are in private. You'll find being polite using a few Thai words will really pay dividends (thank you is Kawp Khun Kaa if you are female, and Kawp Khun Kraap if you are male. Your tour guide will provide more information and advice while you are on the tour; please don't hesitate to ask them any questions or for advice.

The Royal Family

The Thai people have huge respect for their Royal Family and this is enshrined in many laws as well. You should

bear this in mind when speaking to Thai people and in simple things like remembering that Thai paper money has the King's face on and should therefore be treated carefully.

Drugs and Alcohol

Drugs are illegal in Thailand and heavy penalties including very large fines and jail time can be imposed. Don't think that because you are a tourist you are exempt or will be treated differently. Drinking is legal and you should not worry about having a few beers or cocktails while on tour. However remember to be respectful to your surroundings, fellow group members and the local population.

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Note: Please [download an up-to-date copy](#) of these tour notes shortly before you travel as itineraries and information does change from time to time.
