

KARL WATSON TOURS

IN ASSOCIATION WITH
Intrepid



THAILAND JAN 2022



Day 1 / Date: 10th Jan 2022

Bangkok

Meals included: None

Sa-wat dee! Welcome to Thailand.

Thailand's bustling capital, Bangkok is famous for its tuk tuks, khlong boats and street vendors serving up delicious Thai food. Bangkok has so much to offer those with time to explore - why not take a riverboat to Chinatown and explore the crowded streets, uncover the magnificent Grand Palace and the Temple of the Emerald Buddha, wander down the tourist mecca of Khao San Road, or indulge in some Thai massage?

Welcome meeting at 6 pm and after the meeting tonight, perhaps gather your fellow travelers and tuck into some world-famous street food.

Hotel Check in time at 14.00.

Riding distance: none

Arrival Transfer

- Not Included

Included Activities

- Welcome meeting

Accommodation Nouvo city Hotel | Superior Room or similar – <https://www.nouvocityhotel.com/>

Day 2 / Date: 11th Jan 2022

Bangkok

Meals included: Breakfast

Take to the streets of Bangkok by bike and explore the backstreets, alleyways and canals on a guided tour. Get away from the tourist areas and into the heart and soul of this lively city. The quietness of these areas often contrasts with the chaos this metropolis is known for. You're sure to see numerous wats along the way, and travelling around by bike allows you to move through the city quite easily and at a relaxed pace. Today's total distance cycled is around 20 kilometres.

In late afternoon is free time at leisure, you may have a chance to visit Grand Palace where it called Asian version of Alice in Wonderland and Wat Po, another temple that is integral to the Buddhist religion in Thailand. It's home to the infamous golden reclining Buddha and is the birthplace of traditional Thai massage. Or visit the weekend market at Chatuchak, one of the biggest and busiest markets you will ever see. Your leader can also give you other ideas of what to do – places like Jim Thompson's House, Wat Arun and Chinatown are all great to explore.

Riding distance: Approx. 20 kms

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Included Activities

- Bangkok Biking Tour Half day

Accommodation Nouvo city Hotel | Superior Room or similar – <https://www.nouvocityhotel.com/>

Day 3 / Date: 12th Jan 2022

Bangkok - Kanchanaburi

Meals included: Breakfast

You'll start your tour with a drive by private vehicle to the railway market, about two hours from Bangkok. Please be on time for your tour! We'll need to leave at 6:30am sharp or you'll miss the excitement at the surreal railway market. And trust us, you need to see it to believe it! Vendors set up their goods along active railway tracks, with fresh produce, fabrics, cooking supplies and more all lined up a mere few inches from the track's edge (and in some cases, right on top of the tracks). You'll get to see what happens when the train comes through: vendors gather up their things and lower their canopies, and both vendors and shoppers step aside as the train travels right through the middle of the market. Once the train leaves, business resumes as though nothing had disrupted them! Between the train schedule, your guide will lead you around the market and introduce you to traditional Thai foods, from desserts to snacks to fresh fruits.

Then continue to The Damnoen Saduak floating market is one of the most popular sites to see in Thailand, and for good reason! Some call this area the Venice of the East, where vendors sell their goods from boats and stalls set up along the water's edge of this unique market.

In the mid-1800s, to help locals journeying between towns, Thai King Rama IV and his son, King Rama V, commissioned a 32-kilometre canal connecting two rivers together: the Mae Krong river and Tha Cheen River. The name of this man-made canal is Damnoen Saduak, which means "convenience journey" in Thai.

After that, transfer to Kanchanaburi visit Bridge on the River Kwai, the bridge was the target of frequent Allied bombing raids during World War II and was rebuilt after war ended. The curved spans of the bridge are the original sections. A daily train is still following the historical route from Kanchanaburi to Nam Tok Railway Station.

Riding distance:

None

Included Activities

- Railway Market
- Floating Market
- Bridge on the River Kwai

Accommodation Royal River Kwai Resort | Superior Room or similar – <https://royalriverkwairesort.com/th/>

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Day 4 / Date: 13th Jan 2022**Kanchanaburi****Meals included:** Breakfast, Lunch

In the morning, set off to visit to Erawan National Park (approximately 1.5 hours) where you can explore the famous seven-level waterfall or simply swim and relax. The falls are considered the most beautiful in the whole country, with glacial blue waters rushing through the forest into bamboo-shaded pools perfect for a refreshing dip. If you want to make the climb all the way from level one to level seven it's about a ninety-minute hike, with the uppermost level usually quiet and with a stunning view over the jungle below. Be sure to pack your swimming gear, but also appropriate footwear if you're going to make the walk. After lunch, travel (approximately 1 hour) back towards Kanchanaburi. Then late afternoon transfer to explore local night market of Kanchanaburi.

Riding distance: None**Included Activities**

- Visit Erawan National Park
- Kanchanaburi Night Market

Accommodation Royal River Kwai Resort | Superior Room or similar –<https://royalriverkwairesort.com/th/>**Day 5 / Date: 14th Jan 2022****Ayutthaya – Bangkok Overnight train****Meals included:** Breakfast, Lunch

Transfer to Ayutthaya where was the second capital of Siam after Sukhothai, and it became one of the most powerful in Asia with over 1 million residents by AD 1700. Trading brought great riches to the city, and merchant tales tell of golden palaces, elaborate ceremonies, and breathtaking temples. Here, explore Wat Yai Chai Mongkhon, a temple that might offer a glimpse into the future, as it's home to a fortune teller. Continue to Wat Phanan Choeng, Ayutthaya's answer to the Taj Mahal (approximately 40 minutes). It's one of Ayutthaya's oldest temples and home to a 19-metre-high Buddha image. Behind the temple is a small 18th-century shrine built to honour a Chinese Princess, who drowned herself because of the king's infidelity. After lunch, move on to the 13th century ruins of Wat Phra Mahathat. The rows of Burmese beheaded Buddhas are very atmospheric, and a Buddha head surrounded by Banyan tree roots is perhaps the most photographed site in all of Ayutthaya.

In the afternoon, back to Bangkok and have a day room for refreshing yourself before take an overnight train to Surat Thani, the south of Thailand.

Riding distance: None**KARL WATSON TOURS**IN ASSOCIATION WITH
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Included Activities

- Ayutthaya Historical Park

Accommodation Day Room at Nouvo city Hotel shared 4people / Room
Overnight Train 2nd class

Day 6 / Date: 15th Jan 2022

Surat Thani – Khao Sok National Park

Meals included: Breakfast

Arrive in Surat Thani this morning. Avoid the busy traffic by driving 35 kilometres through small villages and palm-tree-lined roads before climbing onto your bike. The real scenic highlight of this area will then come into view – stunning limestone karsts. Formed over 260 million years ago, these karsts were once part of a prehistoric underwater reef that stretched all the way up to Vietnam and will be your constant companion for the next few days. With an average height of 400 metres and rising all the way up to almost a kilometre, they are impossible to ignore. Heading west, cycle through a sea of greenery towards the Ratchaprapha Dam (approximately 40 kilometres). Reminiscent of Guilin in China, and like the freshwater version of Phang Nga's famous limestone peaks, this is a reservoir where hundreds of tiny islands of exquisite pale rock jut out of emerald water. After lunch on the shores of the dam, we travel by vehicle to Khao Sok National Park, and fall asleep to a chorus of crickets and cicadas as a lullaby.

Riding distance: Approx. 39 kms

Accommodation Khao Sok Morning Mist Resort | Bungalow or similar – <http://morningmistresort.com/>

Day 7 / Date: 16th Jan 2022

Khao Sok National Park

Meals included: Breakfast

Established as Thailand's 22nd national park in 1980, Khao Sok is home to the oldest evergreen rainforest in the world, deep valleys, the beautiful Cheow Larn Lake, numerous caves, and a significant wild animal population. This nature lover's paradise includes elephants, exotic Hornbills, water-loving Langur Monkeys and even the occasional tiger deep inside the park. Today you will travel through pristine jungle, rubber and oil plantations before boarding a long tail boat for a ride across stunning Cheow Lan Lake, with one of its island as your destination. With limestone karst hills rising almost 1,000 metres into the air and surrounded by beautiful green waters, the area is incredibly picturesque. Trek to the an island cave and discover its eerie stalactites and bats hanging from the ceiling, with subterranean streams at your feet. You'll enjoy lunch in a local raft-house before having free time to relax, swim or kayak around the lake to search for wildlife – the water is clear and teems with aquatic life, and you might spot hornbills, langurs, macaques or gibbons above water. Return to your accommodation for the night

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Riding distance: None

Included Activities

- Cheow Lan Lake Day Tour by long tail boat – Join in

Accommodation Khao Sok Morning Mist Resort | Bungalow or similar – <http://morningmistresort.com/>

Day 8 / Date: 17th Jan 2022

Khao Lak

Meals included: Breakfast

Begin the day in the support vehicle, leaving the verdant forests and hills behind with a drive west from Khao Sok to the nearby town of Takua Pa (approximately 40 kilometres). Then jump back on the bike again to begin the day of cycling, travelling across relatively flat terrain through the interior. Pass numerous flowing rivers, palm-fringed roads and smiling local children, then make your way down to the Andaman Coast. Here you'll run parallel to the sublime Andaman Sea before arriving at your home for the next two nights – the laid-back beach town of Khao Lak (approximately 42 kilometres). Famous for the likes of Memories Beach, Bang Niang Beach and the aptly-named White Sand Beach, Khao Lak is one Thailand's quieter beach destinations and a great place to unwind after a long but enjoyable day in the saddle.

Riding distance: Approx. 42 kms

Accommodation Palm Galleria Resort | Superior Room or similar – <http://www.khaolakpalmgalleria.com/>

Day 9 / Date: 18th Jan 2022

Khao Lak

Meals included: Breakfast

Today is a free day to enjoy the beautiful surrounds of the Andaman Coast. For a sobering insight into the area's recent history, perhaps visit the International Tsunami Museum, a reminder of the 2004 tragedy. Here there is a memorial to the 3000 people who died in the area. There are numerous beaches to chill out on, waterfalls (like Ton Chong Fa) to swim in, fishing trips to take, and if you're feeling active, bike routes to cycle or underwater worlds to explore by scuba or snorkel. For something different, perhaps hone your culinary skills with a Thai cooking class. There is as much, or as little, to do here as you like.

Riding distance: None

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Optional Activities

- Khao Lak - Snorkeling Day Trip to Koh Ra & Koh Khai
- Khao Lak - Lam Ru National Park & Ton Chong Fa WaterFall
- Khao Lak - Pa-Kin-Na-Ka Thai Cooking Class

Accommodation Palm Galleria Resort | Superior Room or similar – <http://www.khaolakpalmgalleria.com/>

Day 10 / Date: 19th Jan 2022
Khao Lak – Phang Nga

Meals included: Breakfast

Leave the coast and head inland today, cycling eastwards through rolling hills past forests orchards, and rubber plantations to Phang Nga. This town sits at the end of the tributaries that empty into the bay of the same name (approximately 52 kilometres). Known for its relaxed atmosphere, cheap and authentic food, and some spectacular sights, Phang Nga is the perfect place to taste Southern Thailand. As reflected in the local food, Phang Nga has a diverse culture, with Buddhist temples, mosques, and Taoist Chinese shrines all found within walking distance of one another. After a relaxing lunch you'll take a boat tour of the Phang-Nga Bay, where limestone rocks famously erupt out of the water, creating what is, for many, the iconic image of Thailand. You'll stop by the famous James Bond Island, immortalised in the movie 'The Man With the Golden Gun', and Koh Panyee, an extraordinary Muslim fishing village built over water on stilts, with its own mosque and even a floating football pitch.

Riding distance: Approx. 52 kms

Included Activities

- Phang Nga - Longtail Boat to James Bond Island
- Koh Yao Noi - Phang Nga National Marine Park

Accommodation [Country View Resort Phang Nga](#) | Deluxe Room or similar –

Day 11 / Date: 20th Jan 2022
Phang Nga - Krabi

Meals included: Breakfast

The final day on the bike begins with a 45-kilometre transfer in the support vehicle. Then it's on to your two-wheeled friend for a 50-kilometre ride through beautiful inland landscapes and down the coast to the classic Thai beachside town of Ao Nang. After so much time spent moving at a slow pace, Ao Nang comes as a welcome change, with its lively atmosphere, shops that light up the sidewalk, and an enormous selection of food and drink on every corner. While the front beach here is good, the spectacular nearby shores of Tonsai, Railay, Ko Hong, Ko Poda and Ko Gai are true highlights and easily reachable as a day trip. Further afield there's easy boat access to the islands of Ko Phi Phi and Phuket. If you've had enough of the beach, perhaps go rock climbing. Whether you're a novice or a pro, looking

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down on the jungle and ocean from a limestone cliff face is unforgettable. Meet up again in the evening to say goodbye to your biking crew, then perhaps enjoy a final night dinner with the group.

Riding distance: Approx. 49 kms

Optional Activities Tharn Bokoranee National Park - THB300

Accommodation 3 Star Option : GLOW Ao Nang Krabi -

Day 12 / Date: 21st Jan 2022

Krabi

Meals included: Breakfast, Lunch

08:30 – 08:45 Pick up from your hotel, arrive at the pier and depart by Sea Kayak to the mangrove forest – AoThalane. About half way along the coast between Than Bok Khoranee and Krabi town is a bay of mangroves that may be the most beautiful bay in Thailand. Here, bays and canyons are like passageways. Recently, this place has been discovered that it is superb for having the first-time encounter with the ecosystem. In addition, there are very rich faunas and plants that are not found easily. The region contains good examples of traditional local villages. Certainly, a highlight of the trip is narrow channels cut through two towering cliffs. Several species of Kingfishers, little Herons and Crab Eating Macaques are almost guaranteed to be seen in this area. Ao Thalane has not yet officially designated as a national park but it may soon become one. If lucky, you may have a chance to see the monkeys or macaques coming very close to you while you are paddling. These monkeys come for food. They know that you must have something they can eat. Please be careful with your camera and belongings. Naughty monkeys like to take away the tourists' belongings. After that, we get back to the pier, get change and enjoy lunch from the restaurant with nice view and then transfer to Krabi Marina Pier for check in sunset cruise along Ao Nang Bay.

Depart from Krabi Marina Pier See the beauty of Krabi Pak Nam, mangroves, the Black Crab Monument and Khao Kanab Nam, the symbol of Krabi Province. Capture beautiful photos from the yacht you will not find anywhere else. Drinks and snacks served on board.

Take you on a cruise Through the mouth of the Krabi River. Heading to the Andaman Sea, see the scenery of Poda Island, Tale- Waek, Kai Island, Railay Bay and enjoy snorkeling activities to enjoy the beauty of coral reefs under the sea.

17.30 Bring you to cruise back to Krabi Marina Pier. Along the way, you will enjoy the atmosphere of very romantic sunset . The boat will perform soft music, served with pad Thai, chicken sate, fruit, canapés and desserts.

19.00 Arrive the Marina Pier Bring you back to hotel safely.

Note: Tour program is depending on the tide and weather condition.

What to Bring: Sun cream / Sunglasses / Sun hat Towel /Camera/Dry clothes to change/Swim suit

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Included Activities

- Half Day Kayaking Ao Thalane – Join
- Sunset Cruise along Ao Nang Bay with Motor Catamaran – Join in

Accommodation 3 Star Option : GLOW Ao Nang Krabi

Day 13 / Date: 22nd Jan 2022

Krabi

Meals included: Breakfast

There are no activities planned for the final day and you are able to depart the accommodation at any time.

Check out time is 12:00 noon.

Departure Transfer Not Included

Trip Cost and What's Included

Trip Cost

£1,549pp

Price based on sharing a twin room with another member of the group.

Single room supplement: £410

Deposit payment is £300

Balance due 22nd November 2021

Leader/Guide

English Speaking Tour Leader throughout

Meals/drinks

As per itinerary

Accommodation

Hotel (Twin / Double share) 11 nights

Overnight Train 2nd Class – 1 x night

Included Activities

As per the itinerary, including entrance fees where applicable.

Transport

Air-Conditioned vehicle

Overnight Train

Assistance

24-hour support from our local office

Exclusions:

- International arrival/departure flights
- International airport departure tax
- Tour guide for free time or days
- Optional activities
- Any visas required
- Services not mentioned in the itinerary
- Early check in or late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance

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Essential Trip Information

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In case of a genuine crisis or emergency, you can reach our local office on the number below:

Intrepid's local Operator: +66 898 103 722

Itinerary disclaimer

ITINERARY CHANGES

Our itineraries are updated regularly throughout the year based on customer feedback and to reflect the current situation in each destination. The information included in this Essential Trip Information may therefore differ from when you first booked your trip. It is important that you review this information prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays, or other factors, further changes may be necessary to your itinerary once in-country. The order and timing of included activities in each location may also vary seasonally to ensure our travellers have the best experience. Your tour leader will keep you up to date with any such changes once on tour.

OPTIONAL ACTIVITIES

A selection of optional activities that have been popular with past travellers are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only for some of what might be available. Prices are approximate, are for entrance only, and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability, and maybe on a join-in basis. It may not be possible to do all the activities listed in the time available at each destination, so some pre-planning for what you are most interested in is advised. When it's recommended that travellers pre-book these activities, look for a note in the Special Information section of the day-to-day itinerary. For most, they can either be organised independently on the day, or let your leader know you are interested in the Group Meeting and they can assist.

Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. Although it is possible that you may find the same activity cheaper with another operator on the ground, we cannot vouch for the safety or quality of that operator. Medium and high-risk activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you

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with organising these activities. Activities that contravene our Responsible Travel policies are also not listed. Please remember that the decision to partake in any activity not listed is at your own discretion and risk.

Passports, visas and entry requirements

PASSPORT

You will need a valid passport to travel internationally. As a general rule, most countries require that your passport has a minimum of 6 months validity remaining. Your passport details are required to complete your booking. Please ensure the name on your passport matches the name on your booking and airline tickets exactly and contact us immediately if there are any errors. We recommend taking copies of the main passport pages and other important documents with you as well as leave copies at home with family or friends.

VISAS

Visas are the responsibility of the individual traveller. Entry requirements can change at any time. It is important that you check your government's foreign travel advisories along with the consular website of the country or countries you are travelling to for the most up to date information specific to your nationality and circumstances. Please be aware that not all visa information found online from other sources may be valid while COVID-19 restrictions are in place.

Visas can take several weeks to process, so make sure you research the requirements as soon as you have booked your trip to allow for obtaining any necessary documents as well as the application and processing time. Your booking consultant can advise on a visa processing service or you can apply yourself directly through a consulate.

COVID-19 REQUIREMENTS

Below you will find general visa advice about the destinations on your trip. Due to constantly evolving COVID-19 requirements and restrictions, please refer to your government's foreign travel advice for the most up to date information.

RETURN TRAVEL

Please ensure you stay up to date with any current testing or quarantine requirements for returning to your home country or transiting through other destinations after the completion of your tour.

THAILAND:

If entering by air most nationalities will be granted a 30 day stay on arrival. If entering by a land border, you will be granted a 15 day stay only (some exceptions are citizens of the United States, United Kingdom, Canada, France, Italy, Germany and Japan who are eligible for 30 day visa at land borders). A visa extension can be obtained in Thailand at an immigration office for approx. 2000THB or alternatively you can apply for a Thailand visa in advance from your embassy or consulate that will allow a 30 day stay when entering at an overland border.

If planning to enter Thailand via a land border multiple times during your travels, we recommend you pre-obtain a 60 day multiple entry visa from you embassy or consulate before you travel rather than attempting to obtain a visa at the border on multiple occasions which may result in being denied re-entry into the country.

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our

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style of travel. Please note that if in the opinion of our group leader or local guide any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements as they may not easily be obtained while travelling.

COVID-19

The safety and wellbeing of our travellers, leaders, crew, staff, and suppliers continues to remain our highest priority as we travel. You can read more about how we will keep you safe on our trips, including our COVID-19 Health & Safety Guidelines here: <https://www.intrepidtravel.com/safe-travels>

HEALTH SCREENING

If you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements. At the group meeting, you will be asked to complete a self-screening health form and report any COVID-19 symptoms as well as any close contact with someone who has suspected or confirmed COVID-19. If you are displaying any symptoms or have any health concerns at this time, we will follow the advice of local health authorities to determine whether medical assistance, isolation or further action is required. We ask all travellers to continue to monitor their health throughout their travels and report any relevant symptoms to their tour leader.

TESTING & VACCINATION POLICY

From 1st May 2021 we have introduced new safety measures that apply on all of our trips, except for tours in Australia and New Zealand. You will need to show either of the below to your leader at the Group Meeting on Day 1 of your trip:

- Proof of COVID-19 vaccination, or
- Proof of negative COVID-19 test conducted no more than 72 hours before day 1 of your trip, or
- Proof of recovery documentation

In addition, if you're aged 70+ or have an existing health condition that puts you at a higher risk of serious COVID-19 disease, you are also required to provide proof of vaccination before you can join a trip.

This policy is in addition to any specific testing or vaccination requirements for entry to a destination or required by your airline. For more information, including a detailed FAQ about this policy, please visit <https://www.intrepidtravel.com/covid19>

MOSQUITO-BORNE ILLNESSES:

Mosquito-borne diseases such as dengue fever and Japanese encephalitis are widespread in South East Asia. Malaria is also prevalent in some regions, particularly along the borders in mountainous regions. Take preventative measures such as wearing long clothing, using repellent and being indoors particularly around dusk and dawn. Seek medical advice prior to travel for medication or vaccination advice.

ZIKA VIRUS:

There have been reports of transmission of the mosquito-borne Zika virus in this region and we advise all travellers to protect themselves from mosquito bites. Given possible transmission of the disease to unborn babies, and taking a very cautious approach, we recommend all women who are pregnant or trying to get pregnant to consult with their doctors before booking their trip.

AIR POLLUTION AND SMOKE HAZE:

Bangkok and other Thai cities experience high levels of air pollution, which may aggravate bronchial, sinus or

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asthma conditions. These can be particularly high between the months of December and February. Smoke haze, which usually occurs across parts of north and north-east Thailand during March to April, can also aggravate these conditions. Regular air quality reports are available from the following website <http://aqicn.org/city/bangkok/>

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company.

THAILAND FOOD:

One of the most popular take away foods in the world, you'll have a chance to try authentic Thai food, local and fresh, throughout this trip. Here's just some of what you can look forward to: <https://www.intrepidtravel.com/adventures/best-food-thailand/>

For vegans and vegetarians, you'll need to look out for ingredients like shrimp paste (often in curry sauces), fish sauce, dried shrimp and cooked egg added to stir fries and soups. If you are a vegan foodie, check out our Thailand Food Adventure trip: <https://www.intrepidtravel.com/au/thailand/thailand-vegan-food-adventure...>

Travelling in South East Asia with a food allergy? We have some advice for you here: <https://www.intrepidtravel.com/adventures/travelling-food-allergies-sout...>

Money matters

TIPPING

Tips are included on all Intrepid Premium trips, covering hotel staff, local guides and the people who will take care of you during your travels.

This amount does not include a tip for your leader, so you may wish to set aside some funds for this. It is customary to tip your leader for outstanding service provided during your trip. You are free to tip more or less as you see fit, depending on your perception of service quality and the length and involvement of your leader on your trip. Tips are greatly appreciated as a gesture of thanks for their professionalism and leadership during your trip. The amount is entirely a personal preference; however, as a guideline, US\$3-6 per person (in a currency relevant for your destination), per day can be used.

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra

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US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the reliability of universal travellers, however, local currency may be needed once in the country to cover these costs.

The official currency of Thailand is the baht (THB). The most convenient and cheapest way to obtain local currency is via ATMs which are available in most towns and cities. Foreign currency notes that are old, torn or faded can be very difficult to exchange. Clean bills in small denominations are most useful. The use of credit cards is restricted, mainly to major hotels and more upmarket shops and shopping centres.

COMMISSIONS

Unfortunately, commissions in exchange for recommending particular shops or restaurants are an ingrained part of the tourism industry. Rather than turning a blind eye, we've tried to legitimise the practise with a centralised fund. Moneys are collected from recommended and fully vetted suppliers and funnelled back into our business. This keeps the trip cost low (for us and for you) and makes sure you only get the best experiences.

If you're unhappy with any places your leader recommends, or feel the quality of the trip is being compromised in any way, please let us know in your feedback.

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. We recommend you pack as lightly as possible, ensuring that you are able to carry and lift your own luggage and walk with it for short distances or up or down a flight of stairs. Help will be on hand in most locations, but there may be times you need to handle your own luggage, for example in airports and train stations.

A lockable suitcase with wheels is ideal for this trip. It is recommended that you keep your main luggage weight around 15kg and certainly no more than 20kg. A small or medium-sized backpack (45-50 litres) is another good option.

You'll also need a day pack/bag to carry water, camera, jacket, etc. when you're exploring during the day.

Below is a link to our ultimate packing list, a guide to get you started:

<https://www.intrepidtravel.com/packing-list>

LOCAL DRESS:

When packing be aware that dress standards are conservative throughout Asia, especially outside major cities. To respect this and for your own comfort, we strongly recommend modest clothing. This means clothing that covers your shoulders and knees. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. In many rural areas in Asia women will need to wear modest clothing even to swim. Singlets, tank tops and topless sun bathing are all unacceptable. When visiting religious sites men often need to wear long trousers and women a long skirt or sarong.

Climate and seasonal information

SONGKRAN FESTIVAL

The Songkran Festival is celebrated to mark the New Year. The festival runs from the 13th to the 16th of April. Traditionally houses and villages are properly cleaned in preparation for the New Year, flowers are gathered to

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decorate Buddha images, young people pour water over the elders for good luck. Songkran Festival is often referred to as the “water festival” as it is now common to throw water over each other during the festival period. Our advice is to be prepared to get wet! Your leader will discuss the festival activities upon day one at the group meeting.

Group Leader

All group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Premium leaders are Intrepid’s most experienced, with in-depth knowledge and extensive local networks to make it a trip of a lifetime.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. When not already included in your trip, your leader will be able to recommend a local guide service who can share more detailed or specialised information at specific sites should you be interested in delving deeper.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

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ABTA
ABTA No. Y0766

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

PETTY THEFT AND PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

MOTORBIKE BAG SNATCHING:

Be particularly aware of motorbike bag snatching, especially in the bigger cities.

BIKE HELMETS:

Please note bike helmets are provided on the included bike activity on this trip but may not be of the same standard as from your home country, if you have any concerns about the quality of the helmets, we recommend you bring your own from home.

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our Responsible Travel Guidelines.

The decision of the group leader is final on all matters likely to affect the safety or well-being of any traveller or staff member participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

For additional Conditions of Carriage regarding COVID-19, see here: <https://www.intrepidtravel.com/conditions-carriage>

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Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

This is the beauty of our style of travel: many of our travellers join because they are travelling solo and want to meet and share experiences with like-minded people.

We pair up solo travellers with another traveller of the same gender as per your passport or the information we have in our booking system, so if you identify differently from the gender marker on your passport, please let us know in advance. We also have a Single Supplement available on most trips for travellers who prefer to have their own room.

Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will be on a single room basis.

Some of our itineraries have accommodation booked on an open gender, multi-share basis and where applicable this will be specified in our Essential Trip Information.

Travel Insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

Travellers who reside within the European Union or Switzerland receive basic international health insurance, so travel insurance is not mandatory under European Union Law. However, as this does not cover situations such as emergency rescues, private health care, or repatriation to their home country, comprehensive travel insurance is strongly recommended. European Union or Swiss travellers who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

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Responsible Travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip leaders, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

ELEPHANT PERFORMANCES & ELEPHANT RIDING:

While we respect each individual's decisions while travelling, Intrepid does not include elephant rides or unnatural performance activities on any itinerary, and we recommend you bypass these activities should they be offered to you during your stay. Professional wildlife conservation and animal welfare organisations, including World Animal Protection, advise that contrary to common belief, captive elephants remain wild animals and despite good intentions, unfortunately, many venues are unable to provide the appropriate living conditions elephants require and this ultimately impacts their well-being. While there is some merit in the argument that the money you pay for the activity goes towards keeping the elephants and their mahouts employed, we know that it also fuels demand for elephants to be captured in the wild or captive-bred. We thank you for your support in improving the welfare of these majestic creatures. Further information is available on the below link:

<http://www.intrepidtravel.com/elephants-welfare>

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

<http://www.theintrepidfoundation.org/>

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What Happens Next?

To book or discuss this proposal, please contact me on +44 (0) 203 308 9763 or groupsuk@intrepidtravel.com

We know how difficult it is to find the time to put a trip together. Intrepid are here to make your life as easy as possible. Once we have tailored your ideal itinerary, we will take care of all of your holiday arrangements and you will have the full support of a dedicated private groups' specialist and team.

All we require from you is a non-refundable deposit of £200 per person at the time of trip confirmation. Full balance payment is due 56 days prior to departure.

Intrepid Travel's booking conditions will apply to your reservation. By making payment you are agreeing to our booking conditions:

<http://www.intrepidtravel.com/booking-intrepid/booking-conditions/gb>

Please note, this is a quotation only (valid for 28 days from the date we send it). No bookings are currently held and all services are subject to availability. Everything will be requested at deposit stage and will take a few days to confirm. In the event that any services are unavailable we will offer similar alternatives, and the price may change.

<https://www.intrepidtravel.com/uk/privategroups>

<p>The Intrepid Foundation Empowers travellers to positively impact communities. All donations are matched dollar for dollar Learn more at: intrepidfoundation.org</p>		<p>Our Dedicated Airfares Team</p> <p>The specialists in Air Travel, we are here to support you with:</p> <ul style="list-style-type: none">• Exclusive wholesale prices• Group fares for 10+ passengers• Fare and routing construction <p>Booking your air with us keeps everything in one place, and takes the headache out of fare searching.</p> <p>Simply chat to your consultant for a quote!</p>
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