

THAILAND 20 DAY

EXPEDITION TRAVEL ITINERARY

DAY 1

Arrive in
Bangkok

Your Thai adventure kicks off as soon as you land in Bangkok. Our team will greet you at the airport and take you to your hotel in the heart of the city. Take some time to settle in and maybe explore the nearby area. In the evening, you'll join your fellow travellers for a delicious welcome dinner featuring a spread of traditional Thai dishes. It's the perfect chance to meet your travel buddies for the next few days.



Twin Share - Rambuttri
Village Hotel



Dinner



Welcome Dinner

DAY 2

Wat Wonders and
Urban Jungle

Start your day with a unique bicycle tour through Bang Krachao, Bangkok's "Green Lung". This unexpected oasis of nature in the city will surprise you with its lush gardens, elevated paths, and traditional wooden houses. Along the way, you'll see a Burmese temple, local farms, a Muay Thai gym, and other hidden gems, making it more than just a bike ride. After a local lunch, you'll cruise the Chao Phraya River on a traditional long-tail boat, watching city life unfold along the banks. Towards the end of the day you'll visit two stunning temples: Wat Arun, with its intricate porcelain decorations, and Wat Saket, where you'll climb the Golden Mount for a breathtaking sunset over the city skyline. It's the perfect introduction to Bangkok's blend of chaos and serenity.



Twin Share - Rambuttri
Village Hotel



Breakfast
& Lunch



Bicycle tour through Bang Krachao, traditional
long-tail boat trip down Chao Phraya River,
Visit Wat Arun, Wat Saket for Sunset



DAY 3

Khlongtoey

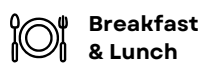
Today, you'll dive into Thai culinary traditions with a twist of social impact. Your cooking class, "Cooking With Poo," takes place in Khlongtoey, one of Bangkok's most vibrant and culturally rich neighborhoods. You'll start with a guided tour of the local market, a sensory overload of sights, sounds, and smells. Learn about exotic Thai ingredients and select fresh produce for your class. This class has even caught the attention of celebrity chef Jamie Oliver, who has visited and praised the experience. Under the guidance of local cooks, you'll prepare authentic Thai dishes. The hands-on experience not only teaches you about Thai cuisine but also gives you insight into daily life in Khlongtoey and supports local initiatives. You'll leave with a full stomach and a fuller heart.



DAY 4

Sustainable Bangkok

The morning begins with a visit to Wat Pho, the Temple of the Reclining Buddha, one of Bangkok's most iconic temples. You'll reach it by boat along the river, taking in the sights of the city from the water. After exploring the temple, the early afternoon is yours to explore more of Bangkok before heading to the train station in the late afternoon to board the overnight train to Chiang Mai. This is a classic Thai travel experience - watch the city lights fade away as you settle into your berth. Chat with your fellow travellers, play cards, or simply watch the landscape change as you journey northward.



DAY 5

Chiang Mai

Wake up as the train pulls into Chiang Mai, the cultural hub of northern Thailand. After freshening up, the morning is yours to settle in and relax after the overnight journey. In the afternoon, you'll take a walking tour of the old city, exploring its narrow lanes and ancient temples. Marvel at the impressive Wat Chedi Luang and learn about its fascinating history. The day ends with a unique "Monk Chat" session at Chiang Mai University, where you'll have the rare opportunity to converse with Buddhist monks and gain insights into their way of life. It's a day full of cultural exchanges that will give you a deeper understanding of Thai traditions.



DAY 6

Free Day

Today is a free day for you to explore Chiang Mai at your own pace or relax. Perhaps you'll visit the serene Doi Suthep temple, perched on a mountain with panoramic views of the city or visit the quirky Art in Paradise Museum. If you're feeling active, you could try a Muay Thai boxing class.

In the evening, join our guide for a curated food tour introducing you to "Lanna" or Northern Thai cuisine. This guided tour will take you through local eateries, giving you a taste of Chiang Mai's culinary delights, ending with a delicious dinner.

*Please note: The Chiang Rai Tour as an optional extra is a full day trip which means you will miss the food tour if you choose to do this.



Twin - Eco Resort in Chiang Mai



Breakfast & Lunch



Guided Food Tour



Muay Thai Class, Northern Thai Cooking Class, Chiang Rai (White Temple) Tour*

DAY 7

Ethical Elephant

Get ready for an unforgettable day at Chang Chill, an ethical Elephant Care Project. Chang Chill is unique in its approach, offering a completely hands-off experience where you can observe the elephants in their natural, cruelty-free environment. You'll start with a guided forest walk, observing the elephants as they graze and socialise in their natural environment. Learn about conservation efforts and elephant behavior along the way. Enjoy refreshments at a mud pit where the elephants love to bathe, then help prepare feeding tubes with treats. The day ends with a transfer to a local village for an overnight stay, offering a genuine glimpse into rural Thai life.



Twin - Eco Resort in Chiang Mai



Breakfast & Lunch



Elephant Experience at Chang Chill

DAY 8

Hill Tribe Trek
Day 1

Lace up your walking shoes for an adventure into the lush hills of Northern Thailand. Explore Doi Inthanon National Park, Thailand's highest peak, known for its lush forests and stunning landscapes. Visit the King and Queen Pagodas, which honor King Bhumibol and Queen Sirikit, and enjoy panoramic views and beautifully landscaped gardens. Trek to Wachirathan Waterfall and enjoy a jungle-style lunch. In the evening, learn how to cook traditional dishes with your guide, followed by a jungle dinner and a campfire. You'll spend the night at a local homestay, immersing yourself in the traditional way of life.



Multi-share Rooms only* - Local Hill Tribe Homestay



Breakfast, Lunch & Dinner



Visit Doi Inthanon National Park, King and Queen Pagoda, Trek to Wachirathorn Waterfall, Jungle Cooking, Campfire

DAY 9

Hill Tribe Trek
Day 2

Wake up to the serene sounds of the jungle and enjoy a traditional breakfast with your host family. Today, you'll trek to the Karen village, Bann Pang Khao Laam, where you'll learn about the local culture and way of life. Afterward, enjoy lunch at a local restaurant before being transferred back to Chiang Mai. In the evening, join your group for a farewell dinner to celebrate the end of your journey.



Multi-share Rooms only* -
Local Hill Tribe Homestay



Breakfast,
Lunch & Dinner



Trek to Karen Village, Bann Pang
Khao Laam, Farewell Dinner

DAY 10

To Phuket

Say goodbye to the mountains as you fly south to Phuket, the gateway to Thailand's famous islands. Upon arrival, you'll transfer to the pier and catch a speedboat to the peaceful island of Koh Yao Yai. Watch as the turquoise waters of the Andaman Sea pass beneath you, small islands dotting the horizon. As you arrive on Koh Yao Yai, you'll feel the pace of life slow down instantly. Settle into your beachfront accommodation and take in the stunning ocean views. The rest of the day is yours to explore the local area – take a dip in the crystal-clear waters, or simply relax on the beach and watch the sunset.



Twin - Baan Taranya
Resort



Breakfast



Flight to Phuket &
Transfer to Koh Yao Yai

DAY 11

Koh Yao Yai

Get ready to experience authentic island life on Koh Yao Yai with a day of community-based tourism activities. Choose from a variety of optional experiences: join local fishermen for a morning catch, learn traditional batik painting from village artisans, cycle through rubber plantations and rice paddies, or enjoy a kayaking adventure. In the afternoon, embark on a longtail boat journey to James Bond Island, visit Koh Panyee, and explore Phang Nga National Park, with entry fees included.



Twin - Baan Taranya
Resort



Breakfast
& Lunch



Longtail Boat to James Bond
Island, Phang-Nga National Park
Entrance



Cycling tour, Kayaking,
Batik Workshop



DAY 12

Transfer to
Phuket

After a leisurely breakfast with ocean views, you'll say goodbye to Koh Yao Yai and head back to Phuket. But the day's adventures are far from over! Your first stop is the Mai Khao Marine Turtle Foundation, where you'll learn about crucial efforts to protect endangered sea turtles and their nesting sites. It's a chance to gain insight into marine conservation and maybe even see some adorable turtle hatchlings. After lunch, you'll visit the Soi Dog Foundation, an inspiring organisation dedicated to helping Thailand's stray dogs and cats. Tour the facility, meet some furry friends, and learn about their impactful work. As evening approaches, you're in for a treat – your accommodation tonight is a luxurious glamping site. Nestled in a secluded spot in Phuket, fall asleep under canvas surrounded by lush tropical vegetation, yet with all the comforts you could wish for. This unique retreat offers the perfect balance of nature and comfort, conveniently located near beaches and local attractions.



Multi-share -
Roost Glamping



N/A



Mai Khao Marine Turtle
Foundation, Soi Dog Foundation

DAY 13

Free Day

Today is a free day for you to explore Phuket at your own pace. If you'd like to make the most of it, consider joining an optional city tour. Discover the vibrant streets of Phuket Old Town, where you can admire Sino-Portuguese architecture and explore quirky cafes. For those seeking relaxation, Phuket's beautiful beaches and traditional Thai massages await. Whatever you choose, your guide is available to help plan and make your day memorable.



Multi-share -
Roost Glamping



Breakfast



N/A



Phuket City Tour

DAY 14

To Koh Phi Phi

Get ready for island paradise as you catch the ferry to the stunning Phi Phi Islands. After checking into your accommodation, it's time for a classic Thai experience – a long-tail boat tour of the islands. You'll cruise past towering limestone cliffs, discover hidden lagoons, and stop at pristine beaches that look like they're straight out of a postcard. Grab your snorkel and mask to explore vibrant coral reefs, swimming alongside colorful tropical fish. As the afternoon wanes, lace up your walking shoes for a hike up to the famous Phi Phi Viewpoint. The panoramic vista of the twin bays at sunset is simply breathtaking – have your camera ready! The evening is yours to enjoy as you wish. Head over to the beach bars in the bay area, where you can soak up the island vibes, sip on cocktails, and dance on the sand under a canopy of stars – the perfect end to a perfect day in paradise.



Twin Rooms - Phi Phi
Andaman Legacy Resort



Breakfast
& Lunch



Phi Phi Long Tail Boat Tour, Phi
Phi View Point

DAY 15

To Ao Nang

Start your day by giving back to these beautiful islands. You'll participate in a beach clean-up, joining locals and fellow travellers in preserving Phi Phi's natural beauty. It's a great way to connect with the environment and leave a positive impact. In the afternoon, you'll board a speedboat to Ao Nang, a picturesque beach town in Krabi province. Once you arrive, the afternoon is yours to explore. Stroll along the beachfront, or relax on the golden sands. For the adventurous, Ao Nang's famous limestone cliffs offer rock climbing opportunities. Whether you're a beginner or an experienced climber, scaling these dramatic cliffs with the ocean as your backdrop is an unforgettable experience. As the sun sets, find a beachfront restaurant and toast to another day in paradise.



Twin Rooms - Sugar
Marina Cliffhanger



Breakfast



Beach Clean, Ferry to
Ao Nang Beach



Rock Climbing

DAY 16

Free Day

Today is a free day for you to enjoy Ao Nang at your own pace. Relax on the stunning beaches, explore the local shops and cafes, or simply unwind in your accommodation. If you're feeling adventurous, consider exploring nearby attractions or taking part in optional activities like a boat trip to nearby islands or a visit to the vibrant night market. Your guide will be available to assist with any recommendations or arrangements you might need.



Twin Rooms - Sugar
Marina Cliffhanger



Breakfast



N/A

DAY 17

Railey Beach
Final Night

Your Thai adventure's not over yet! Today you'll visit the world-famous Railey Beach, a paradise only accessible by boat. Feel the soft sand between your toes as you stroll along the shore, take a dip in the crystal-clear turquoise waters, or try out rock climbing on the towering limestone cliffs. As the sun begins to set on your journey, you'll gather with your travel companions for a special farewell dinner at a beachfront restaurant. Savor delicious Thai cuisine as you reminisce about your favorite moments from the trip. After dinner, take part in a beautiful Thai tradition by releasing khom loy (sky lanterns) into the night sky. As you watch your lantern float away, make a wish for your future travels and carry the spirit of Thailand with you.



Twin Rooms - Railey
Viewpoint Resort



Breakfast
& Dinner



Longtail boat to Railey Beach,
Walking Tour, Farewell Dinner

DAY 18

To Khao
Sok

Your adventure continues with a scenic longtail boat ride to Ao Nam Mao Pier before transferring north to Khao Sok National Park. Khao Sok is home to the world's oldest evergreen rainforest, featuring deep valleys, the stunning Cheow Larn Lake, numerous caves, and abundant wildlife. Tonight, you'll stay at some amazing floating bungalows on the lake, where kayaks are available for guests to explore the tranquil waters at their own pace. These charming floating retreats offer a perfect mix of rustic comfort and breathtaking natural surroundings. As you relax by the lake, soak in the serenity before enjoying a delicious dinner surrounded by the sounds of the jungle.



Twin Rooms - Nang Phai
Floating Bungalows



Breakfast
& Dinner



Longtail boat to Ao Nam Mao Pier,
Khao Sok National Park, Optional
Kayaking

DAY 19

Cycling Adventure
& Farewell Feast

Today you'll kick off your final day with a Khao Sok Cycling Adventure. Pedal through lush rainforests, past towering cliffs, and alongside serene rivers, immersing yourself in the natural beauty of the area. The day culminates in a special jungle dinner, a farewell feast where you can reminisce from the past three incredible weeks on your Thai adventure.



Twin Rooms - Khao Sok
Rainforest Retreat



Breakfast, Lunch
& Dinner



Khao Sok Cycling Adventure

DAY 20

Depart

Enjoy a relaxed morning before saying our final goodbyes and being transferred to Surat Thani Airport. Reflect on the incredible memories made over the past 20 days in Thailand as we drop you off at the airport for your onward journey.

Notable Transport: Transfer to Surat Thani Airport



N/A



Breakfast



N/A

ACCOMMODATION

BANGKOK-RAMBUTTRI VILLAGE HOTEL*

Twin Share
*or similar



CHIANG MAI - SLEEPER TRAIN*



CHIANG MAI - ECO RESORT*

Twin Share
*or similar



KOH YAO YAI-BAAN TARANYA RESORT*

Twin Share
*or similar



PHUKET - ROOST GLAMPING*

Multi-share
*or similar



PHI PHI ISLAND - PHI PHI ANDAMAN LEGACY RESORT*

Twin Rooms
*or similar



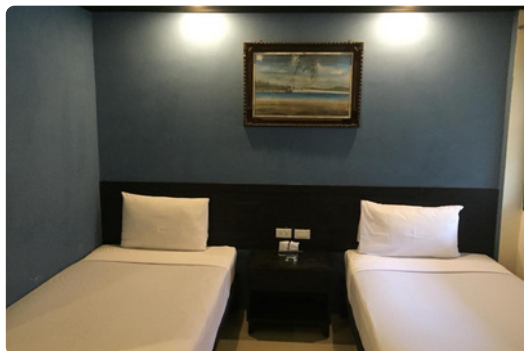
AO NANG - SUGAR MARINA CLIFFHANGER*

Twin Share
*or similar



RAILAY BEACH - RAILAY VIEWPOINT RESORT*

Twin Share
*or similar



KHAO SOK NATIONAL PARK - KEEREE WARIN FLOATING BUGALOW*

Twin Share
*or similar



KHAO SOK - KHAO SOK RAINFOREST RETREAT*

Twin Share
*or similar



THAILAND

ITINERARY MAP

