



TRAVEL ITINERARY AND EXTRA INFORMATION

-37 DAY TOUR-



HEY TRUTRAVELLER! PARADISE IS AWAITING YOU...

We thought we would give you some finer details to get you even more excited for your upcoming trip. In this itinerary, you have an outline of the day-to-day activities you get to experience, as well as the accommodation type and what's included from us. We have planned almost everything but we have left you some free time to go off and explore yourself...or just relax if that's more your style. There are many recommendations in this itinerary so you don't leave feeling like you have missed anything!

FLIGHT INFORMATION



SUARNABHUMI (BKK) / DON MUANG (DMK)



HANOI (NOI BAI INTERNATIONAL AIRPORT) HAN

TRIP OVERVIEW

- | | | | | | |
|---------------|--------------------|---------------------------|---------------|-------------------------|-------------------------------|
| DAY 1 | BANGKOK | meeting the group | DAY 15 | SIEM REAP | meeting the group |
| DAY 2 | BANGKOK | temples and river cruise | DAY 16 | SIEM REAP | rural experience + sunset bbq |
| DAY 3 | BANGKOK | massage and train | DAY 17 | SIEM REAP | Angkor Wat |
| DAY 4 | KHAO SOK | exploring Khao Sok | DAY 18 | PHNOM PENH | travel day |
| DAY 5 | KOH PHANGAN | bottle beach | DAY 19 | PHNOM PENH | Killing Fields + S21 |
| DAY 6 | KOH PHANGAN | muay thai lesson | DAY 20 | KAMPOT | Arcadia Water park |
| DAY 7 | KOH PHANGAN | boat trip and snorkeling | DAY 21 | KAMPOT | pepper plantations |
| DAY 8 | KOH PHANGAN | travel day | DAY 22 | KOH RONG SAMLOEM | travel day |
| DAY 9 | KOH TAO | Koh Nang Yuan Day Trip | DAY 23 | KOH RONG SAMLOEM | island paradise |
| DAY 10 | KOH TAO | free day + overnight boat | DAY 24 | PHNOM PENH | night out in Phnom Penh |
| DAY 11 | PHI PHI | viewpoints and nightlife | DAY 25 | PHNOM PENH | travel day |
| DAY 12 | PHI PHI | monkey beach and maya bay | DAY 26 | HO CHI MINH | exploring the city |
| DAY 13 | PHUKET | shopping and nightlife | DAY 27 | HO CHI MINH | exploring the Cu Chi Tunnels |
| DAY 14 | PHUKET | travel day | DAY 28 | HOI AN | lantern making and tailors |
| | | | DAY 29 | HOI AN | exploring Hoi An |



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- DAY 30 HOI AN** basket boats and bike rides
DAY 31 HUE Hai Van Pass in open top jeeps
DAY 32 HUE cooking class
DAY 33 HANOI Ninh Binh
DAY 34 HALONG BAY exploring paradise
DAY 35 HALONG BAY - HANOI
DAY 36 HANOI city highlights
DAY 37 HANOI chilled checkout



DAY 1 - BANGKOK

MORNING: Welcome to Bangkok, you're in Thailand baby! Check in, explore, chill, connect with others on the group, drink your first Chang... Today all your fellow Trutravellers will be arriving and checking in, if they haven't already.

AFTERNOON: Later this evening your Travel Ninja will arrange a time and place for everyone to meet up for the first night out together. Keep a look out on the group chat for details.

THINGS TO REMEMBER

Always wear something comfortable on the Thai Trains. Also consider bringing a hoodie too because It can get quite cold on the train s due to the A/C. The journey to Khao Sok should take around 14 hours and everyone will get a fold down bed to sleep on.

OPTIONAL ACTIVITIES

Kaosan Road is bustling with local food, cafes and lots of shops for you to wander around and explore! Grab a nice coffee, try some local Pad Thai, and shop for those elephant pants!



DAY 2 - BANGKOK

MORNING: Rise and shine, it is time to explore the city! We will have some breakfast in the morning before we jump on boats to visit some amazing temples!

AFTERNOON: We will then jump on a TukTuk and explore more of the city! The rest of the afternoon is yours to use to explore at your own pace. Explore some markets, cafes or get a massage - it's up to you!



BREAKFAST



TEMPLES



DAY 3 - BANGKOK/KHAO SOK

MORNING: Today we are leaving Bangkok and heading to the South! After Breakfast we will check out and receive a massage so everyone can relax and get ready for the journey

AFTERNOON: Early afternoon we will leave for the train station. Fill up your water bottles and grab your snacks ready for the journey!



BREAKFAST



MASSAGE



**OVERNIGHT
TRAIN**



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DAY 4 -

KHAO SOK

MORNING: You made it to the south! It's super chilled down here, get ready for some beautifully relaxing days. Once we arrive at our station we will get into our private mini vans and head to the national park.

AFTERNOON: When we arrive we can chill, crack open a beer and explore the area in kayaks.



LUNCH AND DINNER



KAYAKING AND SWIMMING



DAY 5 -

KOH PHANGAN

MORNING: This morning we will soak in the beauty of the national park and get ready to move to our next stop, Bottle beach! This is such an incredible spot and we can't wait for you to experience the bottle beach bungalows.

AFTERNOON: When we arrive in Koh Phangan we will take in our surroundings and enjoy the ocean.



BREAKFAST



TRAVEL TO KOH PHANGAN



BOTTLE BEACH BUNGALOWS



OPTIONAL ACTIVITIES

In Koh Phangan you can relax in a hammock, enjoy a coffee in a local cafe, swim in the ocean or if you are feeling adventurous take a morning hike to the view point.



DAY 6 - KOH PHANGAN

MORNING: The morning is free for you to explore as you wish. Relax in a hammock, enjoy a coffee and swim in the ocean or join the morning hike to the view point.

AFTERNOON: We will leave bottle beach in the afternoon and head over to our Muay Thai Class.



BOTTLE BEACH VIEWPOINT HIKE



MUAY THAI CLASS



DAY 7 -

KOH PHANGAN

MORNING: Option to have a delicious breakfast at the beachfront restaurant! Afterwards we will head off on our boat trip to visit some top spots around the island.

AFTERNOON: We will spend the afternoon snorkelling and relaxing on the boat. Lunch and all the snorkelling equipment will be provided on the boat.



LUNCH



BOAT TRIP AND SNORKELING



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DAY 8 -

KOH TAO

MORNING: Today we are heading to Koh Tao on a high-speed boat. We will leave the hotel around 11am and head over to the boat!

AFTERNOON: We will spend the afternoon with a few beers and cocktails on the beach and enjoy a sunset dinner.



HIGH SPEED BOAT



DAY 9 -

KOH TAO

MORNING: Morning sunshine! Today we will do an all day boat-trip. We will visit Koh Nang Yuan Island and some other great snorkelling spots around the island.

AFTERNOON: We will also visit Shark Bay where we will hopefully see some turtles and some other incredible marine life.



LUNCH



DAY BOAT TRIP

OPTIONAL ACTIVITIES

If you have always wanted to explore the sea further then why not try some scuba diving in Koh Tao. It is one of the best places in the world to try scuba diving and there are so many great schools for complete beginners too!

THINGS TO NOTE

Remember there is no wifi on the boat. Make sure you have completed anything that involves internet before the boat trip.



DAY 10 -

FREE DAY IN KOH TAO

ALL DAY: Another day in paradise! Today is a free day to explore the island, the group leader will be able to give advice on some additional activities :)



DAY 11 - TRAVEL TO PHI PHI

MORNING: Today after a chilled morning soaking in the last bit of magic from Koh Tao we will head over by speedboat to our next incredible destination! They just keep getting better and better!

AFTERNOON: This travel day is a long one but it is so worth it! Once we check into our hotel the rest of the afternoon is free for you to explore.



TRANSPORT TO
PHI PHI



VIEWPOINT TREK



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DAY 12 -

PHI PHI

MORNING: Today we are off for an all-day boat trip to some of the most iconic spots in Thailand. We will visit Monkey beach, Pileh Lagoon, Maya Bay and more!

AFTERNOON: We will float in crystal clear water, meet some wild monkeys and snorkel with some incredible wildlife.



LUNCH



DAY BOAT TRIP



DAY 13 -

PHUKET

MORNING: Today is our last day in Phi Phi. We will check out in the morning and head to the boat to go to our final destination, Phuket.

AFTERNOON: Today is our last day as a group and we will be enjoying one last group dinner, some flowing cocktails and head to Bangla Walking Street to experience the epic nightlife of Phuket.



**SHOPPING AND
PHUKET NIGHTLIFE**

OPTIONAL ACTIVITIES

If you need some advice for your onwards travel ask your tour guide. They will be able to help organise transport, suggest where to visit next or just make sure you know how to get back to the airport!

OPTIONAL ACTIVITIES

If the weather is calm check out the bioluminescent plankton on Phi Phi! If you see some it will be a highlight of your trip!



DAY 14 - GOODBYE THAILAND!!!

MORNING: Today there might be some tears when we say goodbye to some of our group, but exciting things are in store for us in Cambodia! Pack your bags we are on to our next adventure.



BREAKFAST



**TRANSPORT TO
CAMBODIA**





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DAY 15 - SIEM REAP

AFTERNOON: Welcome to Cambodia!! Enjoy a couple of beers or whatever tickles your fancy whilst waiting for the welcome dinner near Pub Street! Yup, Pub Street! It's exactly what it sounds like and then some more! You can ask your Travel Ninja for other activities you can do whilst waiting for the Welcome dinner to meet everyone and he'll be more than happy to provide assistance!



BREAKFAST

OPTIONAL ACTIVITIES

Go to Mad Monkey and enjoy their pool with a couple of bevs! Go around Pub Street and try some local cuisines or do a bit of shopping!

DAY 16 - SIEM REAP

MORNING: Arun Suasdey! Enjoy our Tru Exclusive this early on of the trip! Hop on a TukTuk and enjoy Siem Reap views whilst learning more about the Khmer farming culture. Learn how the local farmers harvest their produce and how they make rice wine!

AFTERNOON: In the afternoon, enjoy some exotic delicacies with beers during your sunset BBQ! Be adventurous and try all of these delicacies!



BREAKFAST



LUNCH AND SUNSET BBQ

DAY 17 - SIEM REAP

MORNING: Wakey wakey! I know it's a bit early but it will be sooo worth it! Get ready to watch the stunning sunrise at Angkor Wat Temple and get ready to put some steps in during your Temples tour! Be in awe of how beautiful and historic this UNESCO Heritage place is!

AFTERNOON: In the afternoon, you can either get a nap in and/or get some more steps in and walk around Siem Reap & explore the area a bit more!



BREAKFAST



SUNRISE TOUR OF ANGKOR WAT



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DAY 18 - TRAVEL TO PHNOM PENH

MORNING: Get comfortable as we travel to Phnom Penh and see more a city vibes in Cambodia! Before arriving in our destination, we stop at a convenience store to get some drinks and Shhhhnacks! We'll also stop at a restaurant for lunch!

AFTERNOON: After check in, you can get a nap in or walking around and visit the night market in Phnom Penh before we head out for our Riverside Dinner!



BREAKFAST

DAY 19 - PHNOM PENH

MORNING: Prepare to learn a lot today, although it won't be an easy day it is something everyone should experience. You'll visit the Killing Fields & S21. This can be heavy and emotional but it is such a big part of the Cambodian history that we need to learn.

AFTERNOON: After the heavy day, you can chill for the night or go around Night market and get some more souvenirs!



**ENTRY TO S21 PRISON
AND KILLING FIELDS**



BREAKFAST



DAY 20 - KAMPOT

DURING THE DAY: Get excited as we travel to Kampot and try some of the water activities in Arcadia Water Park! Slides, "The Blob," drinks and games, what more could you ask for! After the exciting afternoon activities, enjoy dinner and night out in Kampot!



BREAKFAST



WATERPARK ENTRY

DAY 21 - KAMPOT

DURING THE DAY: Get your Gordon Ramsay hats on get cookin! Learn how to make some Khmer cuisines and enjoy whatever food you have prepared for your lunch! Aside from playing Masterchef's for the day, you'll get to learn a lot of facts about Peppers and get to visit the Pepper Plantation. They also have local products that you can buy as souvenirs.



BREAKFAST & LUNCH



**PEPPER PLANTATIONS +
COOKING CLASS**



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DAY 22 -

KOH RONG

DURING THE DAY:

Vamos a la playa!!! Let's get beachin' as we head to one of the most beautiful places in Cambodia, Koh Rong! We will get on a private bus and then a boat to get to the island. Once you have checked in at your hostel, enjoy the happy hour, the swing, drinking games and the ocean at the bar!

EVENING:

We will watching the sunset on the hostels pier and get involved in some nighttime games!



BREAKFAST

SNORKELLING



DAY 23 -

KOH RONG

DURING THE DAY: Today's all about that island paradise. Have a lie in, enjoy a late breakfast, stroll along the warm sands before island hopping along the emerald waters.



BEACH ACTIVITES AND GAMES



BOAT TRIP



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DAY 24 - TRAVEL TO PHNOM PENH

MORNING: Today we'll bid farewell to the beach and headback to Phnom Penh for our farewell dinner. We'll take a boat and then a private bus to get back to the city, so wear something you'll be comfortable travelling in!

AFTERNOON: In the evening we will meet up for dinner and of course the last big night out together in Cambodia!



BREAKFAST



TRANSPORT BACK TO PHNOM PENH



DAY 25 - TRAVEL TO VIETNAM

MORNING: It's time to say your goodbyes to Cambodia as the next part of your adventure awaits! What an incredible 11 days it's been but Vietnam is calling! You'll travel across the border from Phnom Penh to Ho Chi Minh and have some time to relax.



TRANSPORT TO VIETNAM



GOOD TO KNOW

Please note for your VISA the entry point into Vietnam is Moc Bai.



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OPTIONAL ACTIVITIES

Our hotel is the perfect location for walking to local cafes, restaurants and markets (we recommend Ben Thanh Market for great souvenirs.)

If you would like a view over the city the Bitexco Sky Deck is perfect!



DAY 26

HO CHI MINH

RISE AND SHINE ON YOUR FIRST FULL DAY IN VIETNAM...

MORNING: Today you will head to the Cu Chi Tunnels! These tunnels are a 250-mile network of underground trenches dug by the Vietnamese people and Viet Cong guerillas to protect themselves from the American forces. It's a fascinating experience and very eye-opening.

AFTERNOON: In the afternoon we will travel back to the city and explore! Afterwards we will head for a group dinner and maybe a few bars too!

THINGS TO REMEMBER!

The Cu Chi Tunnels is very rural and therefore it's best to bring some insect repellent!

Also make sure you wear sensible shoes so you are comfortable walking around.

**DON'T FORGET TO
DRESS
APPROPRIATELY
AND BRING WATER
AND SUNCREAM.**



BREAKFAST



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📍 DAY 27 - HO CHI MINH

MORNING: After a chilled breakfast we will drive do a walking tour of the city. We will visit the War Remnants Museum where you will learn more about the war.

REST OF THE DAY: We will continue our tour of the city, visit some markets and try some local food, maybe even the notorious Durian if you are feeling brave! The rest of the afternoon is yours to play with. Then in the evening we will head to the airport to head to our next stop Hoi An.



BREAKFAST



WALKING TOUR AND MUSEUMS



FLIGHT TO HOI AN



OPTIONAL ACTIVITIES

There is so much great food to try in Vietnam – don't miss out on Pho, Bahn Mi and Bun Cha



📍 DAY 28 - HOI AN

WELCOME TO OUR SECOND STOP!

MORNING: Today we will wakeup in Hoi An and start exploring the lantern filled city! We will start the day with a lantern making class were your creativity will come alive! Famous for it's tailoring, Hoi An is a great place to get something bespoke made too and we will visit a tailors for some inspiration.

REST OF THE DAY: In the afternoon we can get a massage, go on a boat down the river or even light a lantern when the sunsets. It's all up to you!



BREAKFAST & DINNER



LANTERN MAKING CLASS, TAILORS



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DAY 29 -

HOI AN

GOOD MORNING, RISE AND SHINE.

MORNING: Today is your day to take control and do what you would like to do! You can snooze in the morning or get up early and explore some more! There are free bikes at the hotel to use. You can also head to the Insta famous Golden Hand Bridge, ask your guide for an idea on how much it will cost!

EVENING: In the evening, we will meet back up for dinner on a local beach!



THINGS TO REMEMBER

If you have one it might be worth bringing a small waterproof for the basket boats! It's a wet one!



BREAKFAST



DAY 30 -

HOI AN

MORNING: Today is a jam packed final day in Hoi An! We will start with a bike ride through the countryside.

REST OF THE DAY: We will arrive at Coconut Woods and have fun in the basket boats. These are incredible and so much fun, it's not a relaxing ride but it'll certainly be a core memory!

In the evening we will spend our final night in Hoi An with a great night out!



BREAKFAST & LUNCH



BASKET BOATS AND BIKE RIDE



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DAY 31 -

HUE

MORNING: Today is going to be epic, we will be travelling to the next location in open top jeeps. We will be passing some stunning sights and we might even stop for a swim on the way!

AFTERNOON: We will arrive late afternoon and after a few hours of chilling we will go out and explore Hue's nightlife. Get ready to try some rice wine!



BREAKFAST & LUNCH



DAY 32-

HUE

DURING THE DAY: Today is full of food! What could be better! It'll be a slow start to the day and then we will head along the perfume river to our cooking class! We will learn how to make some traditional foods and get to eat it all too.

EVENING: Then in the evening we will get the overnight train to our next destination



BREAKFAST AND LUNCH

OPTIONAL ACTIVITIES

If you love history, after the cooking class make sure to head to the Imperial City. You'll be able to see the ancient ruins of one of the last kings of Vietnam.



DAY 33 -

NINH BINH

BRING YOUR CAMERA..

MORNING: Ninh Binh is regarded as the Halong Bay on land and it's stunning! This morning we will jump on some boats and paddle around this paradise. Then we will go to the Tam Coc valley!

AFTERNOON: We will then head to the epic Hang Mua Viewpoint where we will climb 500 steps to an epic view point! Then we will head back for dinner and experience an epic sunset – fingers crossed!



BREAKFAST

OPTIONAL ACTIVITIES

Grab some bikes from the homestay and explore the local area.

Head to the Bana tree hostel to meet other backpackers and try some local food looking over the river!





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DAY 34 - HALONG BAY

MORNING: Today we are off to the iconic Halong Bay! We will leave early in the morning to get to the boat and make the most of the day. From kayaking to just chilling on the top of the deck - it's up to you to decide how you want to enjoy Halong Bay.

AFTERNOON: After a day surrounded by natural beauty we will spend the night under the stars and enjoy a few beers of course!



LIVE ONBOARD BOAT!



BREAKFAST, LUNCH AND DINNER



DAY 35 - HALONG BAY/ HANOI

DURING THE DAY: Wake up and take in your surroundings, we will have a breakfast surrounded by the natural beauty of Halong Bay. We will then have some final swims and kayaking fun before heading back to dryland.

AFTERNOON: Then, once we get back to Hanoi, we will have the afternoon to explore before meeting up for a group dinner and some drinks.



BREAKFAST & LUNCH



DAY 36 - HANOI

FINAL FULL DAY OF TOUR!

DURING THE DAY: Today we will start by making and tasting some famous egg coffee!

AFTERNOON: The afternoon is yours to spend how you would like. We have a few suggestions! There's so much to do in the city of Hanoi. Then in the evening we will meet for our final group dinner and a final epic night out! How has the tour gone so fast!!



BREAKFAST

OPTIONAL ACTIVITIES

Go for a drink or some food at the Insta famous Note Cafe

Head to the epic train street - ask your tour guide for the best way to visit it.

Central Vietnam Backpackers Hostel is a great place to meet other travellers and do a pub crawl.



DAY 37 - HANOI

DURING THE DAY: It's a day for sore heads and emotional goodbyes as we're at the end of the tour. You're now a lifelong member of the TruFam and by now, you'll know how big a deal that is. If you are off on some more adventures have a great time and a safe trip! See you soon!



BREAKFAST



HELP WITH ONWARD TRAVEL