



# THAILAND ISLAND HOPPER

## 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)**



**PHUKET INTERNATIONAL AIRPORT (HKT)**

### TRIP OVERVIEW

- DAY 1 BANGKOK** meeting the group
- DAY 2 BANGKOK** temples and river cruise
- DAY 3 BANGKOK** massage and train
- DAY 4 KHAO SOK** exploring Khao Sok
- DAY 5 KOH PHANGAN** bottle beach
- DAY 6 KOH PHANGAN** muay thai lesson
- DAY 7 KOH PHANGAN** boat trip and snorkeling
- DAY 8 KOH TAO** travel day
- DAY 9 KOH TAO** Koh Nang Yuan Day Trip
- DAY 10 KOH TAO** free day + overnight boat
- DAY 11 PHI PHI** viewpoints and nightlife
- DAY 12 PHI PHI** monkey beach and maya bay
- DAY 13 PHUKET** shopping and nightlife
- DAY 14 PHUKET** chilled checkout!





# TRAVEL ITINERARY AND EXTRA INFORMATION

## -14 DAY TOUR-



### OPTIONAL ACTIVITIES

Khaosan 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 in Bangkok and 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 TukTuk! and explore more of the city on the way back. 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 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



### DAY 3 - BANGKOK/KHAO SOK

**MORNING:** Today we are leaving Bangkok and heading to the South! In the morning we will check out after breakfast. Then we will have 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**

### 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 trains 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.



# TRAVEL ITINERARY AND EXTRA INFORMATION

## -14 DAY TOUR-



### 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 is such an incredible spot and we can't wait for you to experience the bottle beach bungalows.

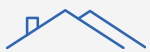
**AFTERNOON:** When we arrive in Koh Phangan we will take in our surroundings and enjoy the ocean.



### BREAKFAST



### TRAVEL TO KOH PHANGAN



### BOTTLE BEACH BUNGALOWS

TRU EXCLUSIVES



### 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:** We will have a delicious breakfast at the beachfront restaurant and then head off on our boat trip to visit some top spots around the island.

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



### LUNCH



### BOAT TRIP AND SNORKELING



## TRAVEL ITINERARY AND EXTRA INFORMATION

### -14 DAY TOUR-



DAY 8 -

KOH TAO

**MORNING:** Today we are leaving and heading to Koh Tao on a high-speed boat. We will leave the hotel at about 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 snorkeling 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 - TRAVEL TO PHI PHI ISLANDS

**MORNING:** Another day in paradise! This morning we will check out and begin our travels to the Phi Phi Islands. Today is a free day to explore the island!

**AFTERNOON:** We will leave at around 7:30pm and catch the overnight ferry to the mainland



OVERNIGHT  
FERRY



DAY 11 -

PHI PHI

**MORNING:** We will arrive at the mainland in the morning, transfer to Krabi and take the ferry to Koh Phi Phi island. There will be many stops along the way for food, drink and the toilet too.

**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



## TRAVEL ITINERARY AND EXTRA INFORMATION

### -14 DAY TOUR-



DAY 12 -

PHI PHI

**MORNING:** After an incredible breakfast 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!!!

**MORNING:** Today there might be some tears...It's going to be sad but think of what a wonderful time you have all had and all the incredible memories you have shared! See you all soon and we hope you have safe and fun onward journey!



BREAKFAST



HELP WITH ONWARD  
TRAVEL

