



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



SUVARNABHUMI (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 PHANGAN** full moon party
- DAY 9 KOH PHANGAN** relaxing day
- DAY 10 KOH TAO** travel day
- DAY 11 KOH TAO** Koh Nang Yuan Day Trip
- DAY 12 KOH TAO** free day
- DAY 13 PHI PHI** travel day to Phi Phi
- DAY 14 PHI PHI** monkey beach and maya bay
- DAY 15 PHUKET** shopping and nightlife
- DAY 16 PHUKET** chilled checkout!



TRAVEL ITINERARY AND EXTRA INFORMATION

-16 DAY TOUR-



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 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 jump on a TukTuk and explore the city of Bangkok! The rest of the afternoon is yours so explore at your own pace. Explore some markets, cafes or get a massage – it's up to you!



DAY 1 - BANGKOK

MORNING: Welcome to Bangkok, you're in Thailand baby! Today all of your fellow Trutravellers will be arriving so check in, chill, explore, connect with your group and maybe have your first Chang!

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.



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 that 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 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.



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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.

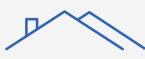
AFTERNOON: When we arrive in Koh Phangan we will take in our surroundings and enjoy the ocean.



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 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

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DAY 8 - KOH PHANGAN

DURING THE DAY: Ready for the BIG day? We'll get you warmed up with a nice road trip to some of Koh Phangan's coolest beaches for some swimming, sunbathing and amazing viewpoints!

Once we get back you can start getting ready for the big night! Get some body paint on, get your full moon party outfit on and lets meet up for some dinner pre drinks before we head over to the Full Moon Party!

EVENING: Your group leader will confirm the taxi times with you before we all head over to the party and have the most amazing nights of your life at one of the world's most famous beach parties!

Hop from bar to bar and dance the night away! Your group leader will sort out a taxi back to the hotel, but there are plenty of taxis available if you choose to leave early.



ROAD TRIP



FULL MOON PARTY AND TAXI



DAY 9 - KOH PHANGAN

MORNING: Feeling rough from the big night? If you watched sunrise this morning, you definitely want a bit of a lie in today! Don't worry, feel free to enjoy the morning chilling by the pool or however you like to spend your hangover!

AFTERNOON: In the afternoon we'll go for a well deserved Thai massage to relax after a night of dancing on the beach.



MASSAGE



DAY 10 - 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



TRAVEL ITINERARY AND EXTRA INFORMATION

-16 DAY TOUR-



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 11 - 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!

DAY 12 - FREE DAY!

DURING THE DAY: Our last day on this little paradise and fortunately we've got options. We are off to Tanote Bay for anyone who wants to come spend the day at this little gem of a beach. If you would rather keep the adrenaline flowing, we can help you arrange one of Koh Tao's extreme activities. From rock climbing to the more common and much wetter activities like scuba diving or water sports. Or you can relax until we check out.

DAY 13 - TRAVEL DAY TO PHI PHI

DURING THE DAY: This travel day is a long one but it is so worth it and the views along the way are 10/10! Once we check into our hotel the rest of the afternoon is free for you to explore.



TRANSPORT TO
PHI PHI



TRAVEL ITINERARY AND EXTRA INFORMATION

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DAY 14 -

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 15 -

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 16 -

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**

