



100%
CARBON
NEUTRAL
TOURS

Two of Asia's most colourful, culturally rich and visually beautiful countries await you on this 29 day mega adventure. Soak in the sights, flavours and unique experiences of Thailand and Vietnam, including hands on cooking classes, local homestays, gorgeous beaches, cycles through rice paddies and visiting an elephant sanctuary. Oh, and did we mention you'll be doing all this with an awesome group leader and an instant crew of new mates? The trip of a lifetime just got even better...

BANGKOK ➔ HO CHI MINH CITY

Transport:	Minivan, Bus, Boat, Overnight Train, Overnight Bus, Plane
Meals:	17B, 13L, 6D
Group size:	4 - 22
Age Range:	18 - 39

HIGHLIGHTS

- Cruise Bangkok's canals and experience local life
- Float around the idyllic Phi Phi islands on an exclusive boat trip
- Visit remote hill tribes and make friends with elephants in Chiang Mai
- Dive into the culture, food and fast paced lifestyle of buzzing Hanoi
- Kayak through caves and sleep onboard a boat on Ha Long Bay
- Experience local village life amongst the green rice paddies of the Mekong Delta

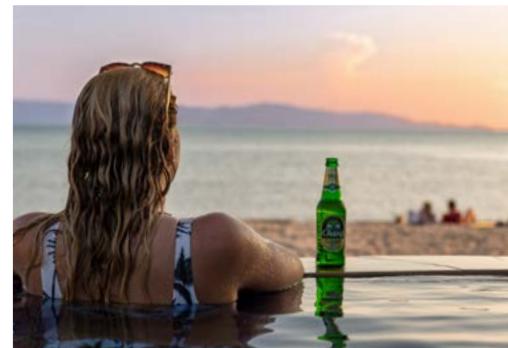


INCLUSIONS

- ✓ Airport Pickup To Our Accom 24/7
- ✓ 28 Nights Accommodation
- ✓ 36 Meals
- ✓ All Transport & 2 Internal Flights
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Bangkok River Cruise
- ✓ Visit Ancient Temples
- ✓ Thai Cooking Class
- ✓ Experience Local Life
- ✓ Party in Bangkok
- ✓ Khao Sok National Park
- ✓ Floating Bungalows
- ✓ Kayaking & Tubing
- ✓ Island Trip
- ✓ Muay Thai or Yoga Experience
- ✓ Thai Massage
- ✓ Beach Party!
- ✓ Paradise Islands Boat Trip
- ✓ Phi Phi Islands Experience
- ✓ Phi Phi Viewpoint
- ✓ Overnight Hill Tribe Trek
- ✓ Bamboo River Rafting
- ✓ Elephant Sanctuary
- ✓ Chiang Mai Markets & Nightlife
- ✓ Walking & Rickshaw Tour of Hanoi
- ✓ Experience Local Life
- ✓ Night Out in Hanoi
- ✓ Overnight Boat Trip on Ha Long Bay
- ✓ Kayaking
- ✓ Local Homestay Experience
- ✓ Bicycle Tour of Ninh Binh
- ✓ Rice Paddies
- ✓ River Boat Cruise
- ✓ Dragon Mountain Viewpoint
- ✓ Vietnamese Cooking Class
- ✓ Visit Local Markets
- ✓ Basket Boat Crab Fishing
- ✓ Lantern Making Class
- ✓ Cu Chi Tunnels Tours
- ✓ Traditional Mud Fishing
- ✓ Mekong Delta Experience
- ✓ Local Village Visit

NOT INCLUDED:

Arrival & departure flights, travel insurance, visas & some meals



ITINERARY & IMPORTANT INFO

DAY 1 - ARRIVE IN BANGKOK

- BANGKOK** We'll be at the airport to meet you and take you to the guesthouse to meet your group.

DAY 2 - TEMPLES & TUK TUKS

- BANGKOK** We'll explore the city's legendary canals, and then stop by some of the city's most sacred and famous temples, travelling by tuk tuk through the wild and crazy streets.

DAY 3 - THAI COOKING CLASS

- BANGKOK** This morning we'll be learning the secrets of Thai cooking class, before boarding our overnight train which will carry us south.

DAY 4 - FLOATING BUNGALOWS

- KHAO SOK** Winding through limestone cliffs on a traditional long tail boat, we'll reach our floating bungalow home for the night in the dreamy Khao Sok National Park. You'll then spend the rest of the day kayaking, tubing and monkey spotting.

DAY 5 - WELCOME TO PARADISE

- KOH PHANGAN** Upon arrival we'll check into Sarana, our exclusive beach side bungalows that come complete with infinity pool, gym and yoga.

DAY 6 - TRADITIONAL MASSAGE

- KOH PHANGAN** Chill on the beach or by the pool, explore the island, or play in the sea. We'll also treat you to a Thai massage.

DAY 7 - EXPLORE KOH PHANGAN

- KOH PHANGAN** You'll spend the day sun bathing and then this evening we'll tuck into a tasty beach BBQ.

DAY 8 - MUAY THAI OR YOGA

- KOH PHANGAN** You'll learn how to punch and kick like a pro in a Muay Thai class or you could instead opt for a private yoga class. Later, we'll be heading out as a group for dinner and drinks.

DAY 9 - 'SAWASDEE' PHI PHI

- PHI PHI** Today we'll say 'sawasdee' to Phi Phi. Arriving in the evening, we'll check in to our beautiful resort then head out for dinner and drinks.

DAY 10 - FULL DAY BOAT TRIP

- PHI PHI** We'll be heading off on a boat trip around the beautiful Phi Phi Leh. Snorkelling, kayaking and even an after dark underwater light show are all on the cards, and we'll top the day off with dinner and drinks under the stars.

*There is a possibility we may not be able to enter right into Maya Bay at certain times of year due to government closures.

DAY 11 - ISLANDS & VIEWPOINTS

- PHI PHI** We'll kick things off with a hike to one of Phi Phi's best viewpoints, followed by a private boat trip to some of the most beautiful islands surrounding ours.

DAY 12 - TRAVEL TO PHUKET

- PHUKET** Today's we'll take a boat to Phuket and enjoy a some sunset drinks.

DAY 13 - TRAVEL TO CHIANG MAI

- CHIANG MAI** We'll make our way by airplane to Chiang Mai. Checking in to our traditional guesthouse in the old city, we'll then head out and explore the night markets.

DAY 14 - TEMPLES & WATERFALLS

- CHIANG MAI** Check out the iconic Doi Suthep Temple, following it up with an epic Thai style lunch. We'll also visit the fascinating 'sticky' waterfalls.

DAY 15 - HILL TRIBE STAY

- CHIANG MAI** We'll trek towards our remote jungle stay, passing rice paddies and idyllic rivers. Tonight we'll get to experience the customs of a local hill tribe.

DAY 16 - BAMBOO RIVER RAFTING

- CHIANG MAI** Waking up to the sounds of the jungle, we'll continue our trek this before bamboo rafting down the river! This evening either chill out or experience more nightlife.

DAY 17 - ELEPHANT EXPERIENCE

- CHIANG MAI** Today we'll visit an elephant sanctuary focused on protecting them where we'll learn how to feed and care for them.

DAY 18 - FLY TO VIETNAM

- HANOI** Your Vietnam group leader will meet you at our Hanoi accommodation. You'll have plenty of time to chill out with everyone in your group.

DAY 19 - RICKSHAW EXPLORING

- HANOI** We'll jump straight into the hustle and bustle of Hanoi today with a walking and rickshaw tour of the city. This evening we'll be heading out for dinner and drinks to see what Hanoi has to offer after dark.

DAY 20 - HA LONG BAY STAY

- HA LONG BAY** We'll travel to Ha Long Bay, where we'll cruise the emerald green waters surrounded by limestone mountains. We'll jump into kayaks to explore before our the evening on the overnight boat.

DAY 21 - NINH BINH HOMESTAY

- NINH BINH** Ninh Binh awaits us today, where we'll be staying at a local homestay in traditional bungalows right by the river.

DAY 22 - BIKE RIDES & ROW BOATS

- HOI AN** We'll explore Ninh Binh on two wheels before taking a local row boat through the network of rivers. We'll finish our time here with a hike before boarding our overnight train bound for Hoi An.

DAY 23 - EXPLORE HOI AN

- HOI AN** We'll check in to our hotel, then this afternoon you'll have time to explore, go shopping, or perhaps visit a local tailor to get a custom suit or dress made.

DAY 24 - COOKING CLASS

- HOI AN** Local fishermen will be our guides today as they teach us the art of crab fishing. We'll then take part in a cooking class!

DAY 25 - LANTERN MAKING CLASS

- HOI AN** Today you'll make a Vietnamese lantern! Then we'll enjoy a chilled beach day with some lunch at a cool beach club.

DAY 26 - HO CHI MINH CITY

- HO CHI MINH CITY** Today we catch a short flight south to the bustling city of Ho Chi Minh. The rest of the day will be yours to explore as you wish.

DAY 27 - MEKONG DELTA

- MEKONG DELTA** Today we'll explore the incredibly lush green beauty of the Mekong Delta. See how locals live and work on the river, visit local villages, and stay tonight in a local homestay.

DAY 28 - CU CHI TUNNELS

- HO CHI MINH CITY** The Cu Chi Tunnels are on the agenda for today. This network of hand dug underground tunnels played a crucial role in the Vietnam War. Arriving back into Ho Chi Minh City in the afternoon, we'll have our farewell dinner and party this evening.

DAY 29 - CHECK OUT

- HO CHI MINH CITY** Your amazing 29 day adventure finishes today. We'll help you plan and organise your onward travel.

ARRIVAL INFORMATION

It's best to arrive on the actual start date, as that's when most people get in. While there are no activities on the first day, the group usually meets up for dinner around 7pm. If you do arrive early, we'll still pick you up from the airport if you're staying at our accommodation. You can book and pay for extra nights accommodation in the [Manage My Booking](#) area.

It's also recommended to have onward travel booked out of Vietnam before travelling there, as you may get asked for proof of this before boarding your flight to Thailand.

AFTER THAILAND + VIETNAM

Thailand + Vietnam finishes in Ho Chi Minh City in the south of Vietnam. If you need to get back to Ho Chi Minh City airport then it's a simple taxi ride that will take around 30 minutes and cost around £10 / \$20. We can organise this for you in Vietnam.

VISAS

It's important to check your visa requirements before arriving in South East Asia.

Please refer to our [FAQs](#) page for all up to date visa information for Thailand and Vietnam.

TRAVEL INSURANCE

Travel insurance for Thailand and Vietnam is compulsory to join your trip. Your group leader will ask to see proof of your cover before your trip begins. You can organise a quote and policy for yourself [here](#).

ACCOMMODATION GUIDE

THAILAND

BANGKOK - VILLA CHA-CHA KHAOSAN RAMBUTTRI

2 NIGHTS

In the heart of the traveller district of
Khao San Rd.

Twin/Double/Triple Rooms
Ensuite, WiFi & Air Con
Bar & Restaurant



OVERNIGHT TRAIN

1 NIGHT

A comfy bed and great journey.

Multishare Cabin with Air Con
Toilet Onboard
Fresh Linen & Pillow



KHAO SOK - FLOATING BUNGALOWS

1 NIGHT

An amazing experience in the middle of the
rainforest.

Twin/Double/Triple/Quad Rooms
Shared Bathroom
Fans in Rooms
Kayaking & Tubing



KOH PHANGAN - SARANA BUNGALOWS

4 NIGHTS

Our own place right on the beach!

Twin/Triple/Quad Rooms
Ensuite
WiFi, Air Con & Laundry
Infinity Pool, Bar, Restaurant & Yoga Hall



PHI PHI - ANDAMAN LEGACY RESORT

3 NIGHTS

A great spot on a beautiful island.

Twin/Double/Triple Rooms

Ensuite

WiFi

Laundry

Swimming Pool & Bar



PHUKET - SAWADDI PATONG RESORT & SPA

1 NIGHT

A great spot on a beautiful island.

Twin/Double/Triple Rooms

Ensuite

WiFi

Laundry

Swimming Pools & Pool Bar



CHIANG MAI - EURANA BOUTIQUE HOTEL

4 NIGHTS

A comfy hotel in the heart of the city.

Twin/Double/Triple Rooms

Ensuite

WiFi

Laundry

Rooftop Swimming Pool



OVERNIGHT HILL TRIBE - HUT

1 NIGHT

A basic but unique experience in the jungle.

Multishare Rooms

Shared Bathrooms



VIETNAM

HANOI - SKYLARK BOUTIQUE HOTEL

2 NIGHTS

A boutique hotel in the heart of the Old Quarter.

Twin/Double Rooms

Ensuite

WiFi, Air Con & Laundry

Spa Facilities



HA LONG BAY - OVERNIGHT BOAT

1 NIGHT

An amazing boat with incredible views.

Twin/Triple/Double Rooms

Ensuite

Air Con



NINH BINH - LOCAL HOMESTAY

1 NIGHT

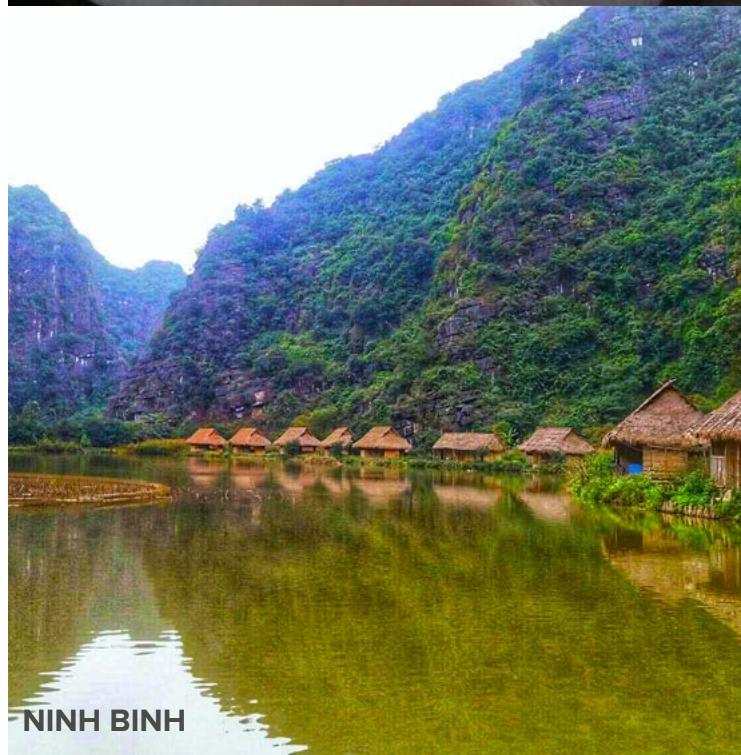
Private riverside bungalows in a magical setting.

Twin/Double Rooms

Ensuite

WiFi

Riverside Hammocks



OVERNIGHT TRAIN

1 NIGHT

A bed on a great journey.

4 Share Cabin

Bathrooms Onboard

Air Con

Epic Views!



HOI AN - THANH BINH 2 HOTEL

3 NIGHTS

A nice hotel in a great location.

Twin/Double/Triple Rooms

Ensuite

WiFi, Air Con & Laundry

Swimming Pool



HO CHI MINH - LIBERTY SAIGON

GREENVIEW HOTEL

2 NIGHTS

A local hotel close to all the action.

Twin/Double Rooms

Ensuite

WiFi & Air Con

Laundry



MEKONG DELTA - LOCAL HOMESTAY

1 NIGHT

Authentic bungalows on a tiny island in the Mekong.

Twin/Double/Triple Rooms

Ensuite & WiFi



IMPORTANT NOTE



The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.

#SMALLCHANGE

SUSTAINABLE TRAVEL



PROTECTING THE ENVIRONMENT



SUPPORTING LOCAL COMMUNITIES



CULTURAL EXCHANGE & EDUCATION



ANIMAL WELFARE

Making a positive difference to the amazing destinations we travel is at the core of what we do, and we are proud to say that every INTRO tour is 100% carbon neutral.

Small Change is our socially conscious initiative aimed at travelling responsibly and changing the world for the better!

[Find out more.](#)

FAQS



DO MANY PEOPLE TRAVEL ALONE?

Yes. Lots of people on our trips are travelling solo. But by doing our trip you'll instantly be part of a group, so it's a great way to meet others and make friends! Most of our accommodation is twin share, so we will put you in a room with someone of the same gender.



CAN I CHAT TO MY GROUP BEFORE I LEAVE?

You can start chatting to people in your group and other travellers before you leave. Just go to our Facebook page, click on 'Groups' and choose [South East Asia](#).



CAN I CHANGE MY START DATE?

Enjoy ultimate peace of mind and flexibility with INTRO. Should your travel plans change or be disrupted you can change your start date or tour for free up to 30 days before your start date.

Or simply transfer your booking to 100% travel credit that will never expire and can be used on any tour with us at any time in the future.



WHEN IS THE BEST TIME TO VISIT SOUTH EAST ASIA?

It's always a good time to go travelling in Thailand and Vietnam. Most months of the year you will experience sunshine and possibly some rain. It's usually quite hot and humid, but it can occasionally get cold, especially in the north of Vietnam between November and February, so it's always best to bring a couple of warm layers with your summer clothing.



HOW WILL I ACCESS MY MONEY WHILE I'M AWAY?

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's available throughout the South East Asia so it's easy to get access to cash.



IS THERE WI-FI THROUGHOUT THE TRIP?

All accommodations we stay at have free Wi-Fi available. South East Asia's network quality is often lower than you're used to but you can generally connect and do basic stuff.



TERMS & CONDITIONS

For the full set of terms & conditions for our tours including your responsibilities as a traveller with us, please see the [Terms & Conditions](#) section of our website.

That's about it for now!

Once you've booked you'll get access to Manage My Booking and the INTRO Travel App, which will give you all the information you'll need on South East Asia and Thailand + Vietnam, so you can just relax and enjoy the experience.

Of course if you have any more questions just contact us. We're happy to help!