

# Family Thailand Adventure

Trip Code: FTA

Version:



MULTI ACTIVITY



FAMILY



LEISURELY



## HIGHLIGHTS

- Stunning 3 day family friendly trek in Northern Thailand meeting the Karen hilltribe people
- Visit the Kanta Elephant Sanctuary to see conservation in action
- See golden temples and enjoy cycle rides around the Buddha temples in Ayutthaya and quiet streets of Bangkok
- Soak up the sun, sea and blue skies of the tropical paradise island of Koh Samet

## AT A GLANCE

- 3 day mini-trek
- 2 easy morning cycle rides
- interactive sightseeing
- cooking
- silver workshop
- overnight train
- 3 days beach
- Join at Chiang Mai / Ends Bangkok

## ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Our Family Thailand adventure holiday is a true insight into this beautiful country with lush rice terraces and forest; its charming, colourful, smiling people; cultural Buddha marvels covered in gold, and paradise island beaches. Our diverse itinerary includes activities to keep all family members entertained - it is brilliant! We fly directly into Chiang Mai in Northern Thailand and start with a Thai cooking session, laying a foundation to the delicious foods of Thailand. The Silver Temple and making our own plate is next before we head into the rural countryside near the Doi Inthanon National Park for a 3 day trek through remote villages, meeting the Karen hilltribe people and overnighting in their welcoming homestays. Before taking the overnight train we learn the art of Thai kick-boxing and visit an elephant sanctuary to learn how conservation team care for these majestic animals. Bike rides in historic Ayutthaya and then through the alleyways of Bangkok allow us to explore these cities, temples, markets and street life in interesting ways. The finale to this adventure is three nights on the tropical paradise island of Koh Samet, to soak in the sun and sea under clear blue skies. This varied holiday for the family truly touches on all aspects of Thailand and your lives will be enriched for this time spent in this unique country - The Land Of Smiles.

## Is this holiday for you?

Much of this holiday is interactive sightseeing, for example the silver workshop and the cooking session. There are two days when we have sightseeing cycle rides (2-3 hours with stops). The rides are on road with little traffic, through hidden alleyways in Bangkok and in the historic park in Ayuttaya. The 3 day trek in Northern Thailand is 4-5 hours on two days, and up to 6 hours on one day. The pace is not fast and many stops will be made along the way to meet the people, see the wildlife and rest and take a dip in waterfalls. There are some sections of ascent. It is a great adventure to walk to these remote villages and then overnight at homestays. The homestays are simple, with basic toilet facilities and a bucket of water for washing instead of showers. You will be looked after very well as Thai hospitality is second to none. The end of the holiday is designed to wind down from the travelling adventure, at the paradise beach island of Koh Samet. This is a great itinerary.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- A professional and qualified tour leader (from Day 1 to Day 10)
- Single timed airport transfers
- All accommodation as described
- Meals as described in the Meal Plan
- All land transport as required by the itinerary
- Second class overnight sleeper train
- All activities/excursions/entrance fees mentioned except where specified as 'optional'

### What's not Included

- Travel insurance
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

### Joining Arrangements & Transfers

The group will meet at the hotel in Chiang Mai.

A single timed transfer from Chiang Mai Airport to the group hotel is provided in the afternoon of Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary, there will be a single transfer back to Bangkok Airport timed for the check in for the evening flight to London.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers and extra nights in Bangkok or Chiang Mai at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All breakfasts, 3 lunches and 2 dinners are included in the holiday price. Where there is a wide range of dining options such as in Bangkok and Chiang Mai we have left the choice of type of experience and budget to you. Street food and meals in local restaurants are safe, tasty and inexpensive. It is possible to have a great meal for less than £1 per person (50 Thai Baht). It is also possible to pay up to £20 per person in a high end tourist restaurant, or a simple burger and chips will cost approximately £3.

## Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

In Thailand eating is an essential part of the experience. Thai food is justifiably famous and some would say the best cuisine in the world. Though some dishes are very spicy (such as the fiery and quintessentially Thai, Tom Yam soup) it is a mistake to think that all Thai food is hot, and there is a tremendous subtlety of flavours. Your guide will give you hints and tips on how to discover what suits you best from a typical Thai menu. And of course the Thai cookery course in Chiang Mai will give everyone a better appreciation of the ingredients and techniques involved in creating delicious Thai dishes. In Bangkok and Chiang Mai there are also many restaurants and cafes serving international dishes and all the familiar fast food outlets are also represented.

## Accommodation

The group will spend 3 nights at a centrally-located hotel with air conditioning and a small swimming pool in Chiang Mai.

During the jungle trek north of Chiang Mai, we stay for 2 nights in village houses/homestays. The group will be in a large room altogether with mattresses on the floor, covered with hanging mosquito nets. Our guides will cook and ensure we are comfortable for the night. Facilities are simple with a bucket of water for washing (no shower) and clean local toilets.

The overnight train is an air conditioned 2nd class carriage. Most of the trains have berths each side of the aisle. These are bunks, with the bottom bunk forming 2 seats, and the top bunk folding down. Some trains are configured differently with 4-person berths. The train carriage attendant makes the beds for you with proper bedding including pillow, sheets and blanket. There is a restaurant/dining carriage, or you can eat at your seats, as the steward comes to take your order.

In Ayutthaya we stay in a tourist class hotel on the banks of the Pasak River. The hotel has air conditioned rooms, a restaurant, bar and small pool. There is also access to the river where there is a seating area.

We have 2 nights in Bangkok we stay in a centrally located hotel with air conditioned rooms, restaurant and bar.

The hotel that we use in Koh Samed is normally the Sai Kaew Beach Resort. This is a family friendly hotel with a swimming pool and nestled next to two idyllic beaches. We can relax, unwind and enjoy a good book whilst the children swim, snorkel and play in this safe environment. There are also watersports available locally on the beach.

In the hotel accommodation (not the village house or the train) children under the age of 12yrs will usually share rooms with their grownups. This might be a twin, triple or quad room, a double with an extra bed, or multiple rooms depending on the number of family members. If you are travelling with children over the age of 12yrs, you will be in separate rooms or sharing twin/multi-bed rooms. Please talk to us about your requirements and we will do everything to ensure that you are happy with your rooming allocation.

All accommodation is subject to availability and change.

## Spending Money

Approximately £150-200 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks, non-included meals and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these.

You can choose to take your money in pounds sterling, dollars or euros. There will be the opportunity to change money into local currency on arrival at the airport and your local leader will advise the best places to change money en-route. Additionally, you will be able to get currency from bank ATMs in Chiang Mai and Bangkok, and other towns that you visit. Credit cards are useful and it is a good idea to carry one in case of emergency.

## **Guidance on Tipping**

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members.

## **Baggage Allowance**

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. During the 3 day/2 night excursion in the jungle with the hill tribes, you will take only what you need for the three days and the rest of your things can be left at the hotel in Chiang Mai. This luggage will be transferred by motorcycle during the walk. We suggest you bring a second, foldaway bag for this purpose, or pool your luggage with family members. For international flights please check your baggage allowance with your airline.

## **Group Size & Holiday Status**

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Visa Thailand

UK and USA passport holders do not require a visa for short stays.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transitted for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

## Currency

The unit of currency in Thailand is the Thai Baht.

## Climate

There are 3 main seasons in Thailand. From November to March the climate is relatively cool and dry. In April and May the heat and humidity increase. The rainy season brings some welcome cooler weather and lasts from June to October. The rainy season does not mean rain all the time, far from it. The climate is very tropical with cloud building quite quickly leading to a short lived afternoon or evening downpour before the skies clear again. Typical daytime temperatures in Bangkok at this time are around 32 - 35°C and in Chiang Mai it will be around 28 - 30°C. Winter temperatures (Christmas and Easter school holidays) will be cooler and this is a great time to visit with virtually no rainfall.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: [KE Family Adventure Holidays general information](#).

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.



# Equipment Information

## Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

### You should bring the following items:

- Light hiking shoes or boots
- Sandals (teva type are good as can double up as watershoes for swimming in waterfalls etc)
- Trekking trousers
- Shorts (for Thai boxing lesson)
- Socks and underwear
- T-shirts and/or casual shirts
- At least 1 long sleeved shirts (for sun protection)
- Warm jacket (fleece) - particularly for Christmas departure
- Lightweight waterproof jacket
- Lightweight waterproof overtrousers
- Sunhat
- Warm hat (December departure)
- Sunglasses
- Swimwear
- Small towel/trek towel (for homestay days)
- Sleeping bag liner
- Daypack 30 litres (depending on how much of the family's water bottles etc you will be carrying)
- Torch and spare batteries
- Sun protection (including total bloc for lips, nose etc)
- Water bottles 2 Litre (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries, and biodegradable soap for homestays
- Antibacterial handwash
- Basic First Aid Kit - consisting of the following: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment, Insect repellent, antihistamine cream and tablets, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are a good idea.

### The following items are optional:

- Trainers
- Trekking poles
- Foldaway bag\* (see note below)
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Toys / games / books etc
- Reusable cloth bag for shopping (to avoid plastic bags)

## Notes:

\* Sheets and blankets are provided on the train and at the homestays, however we advise you to bring your own sheet sleeping bag liner for personal use.

Cycling helmets are provided.

It can get cold on the air conditioned train, so please have your fleece/warm clothes to hand.

A foldaway bag may be useful when on the 3 day short trek from Chiang Mai. You will be asked only to take what is required for these 3 days and leave the rest of your belongings in Chiang Mai. You should look to pool your luggage with other members of your family and only take one or two bags per family for these 3 days. You will not be required to carry this bag, this will be transported each day for you by motorbike to the next accommodation.

## Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in Chiang Mai (return from Bangkok). A single timed transfer is included from Chiang Mia Airport and on the return to Bangkok Airport.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Chiang Mai and return from Bangkok.

Outbound flights will usually depart the UK in the morning, arriving in the morning of the following day (day 1 of the itinerary). Return flights will usually depart from Bangkok Airport in the evening of the last day of the itinerary, arriving in the UK the following morning.

# Why Choose KE

## Why KE

Our trek in Northern Thailand is special. We stay with Karen Hill tribe people and truly see rural life. We explore the temples of Ayutthaya on our bicycles. Just one overnight train is required as we arrive by flying internationally into Chiang Mai (a similar price to Bangkok flights), meaning we don't retrace our steps like many other Northern Thailand itineraries do.

**Please Note** This document was downloaded on 21/11/2024 and the trip is subject to change