Family Thailand Adventure

Trip Code: FTA

Version: FTA Family Thailand Adventure and Active Holiday

MULTI ACTIVITY	FAMILY	LEISURELY
MA		2

HIGHLIGHTS

- Stunning three day family friendly trek in Northern Thailand meeting and staying with the wonderfully welcoming Karen hilltribe people
- Visit the Chang Chill Elephant Sanctuary to see conservation in action
- See golden temples and busy markets on cycle rides around the many temple ruins in Ayutthaya and the bustling backstreets and flower markets 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 gentle morning cycle rides
- interactive sightseeing
- cooking
- silver workshop
- overnight train
- 3 days beach
- Join at Chiang Mai / Ends Bangkok

ACCOMMODATIONS & MEALS

- 12 Breakfasts
- 3 Lunches
- 2 Dinners
- 7 nights Hotel with swimming pool
- 2 nights Homestay
- 1 nights Sleeper Train
- 2 nights Hotel

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

Version: FTA Family Thailand Adventure and Active Holiday

DAY 1

Arrive Chiang Mai, transfer from the airport to the group hotel. Afternoon Thai cooking class with local market visit.

Our holiday starts at the group hotel in Chiang Mai. A single timed group transfer from Chiang Mai Airport is provided. We have some time to freshen up and rest at the hotel before this brilliant holiday kicks off with a Thai cooking session. We begin with a tour of the local food, spice, vegetable and fruit market. Our guide will explain many of the foods on offer, how they taste and if they are spicy or flavoursome. We then return to the cooking school and set about making a few dishes of our own. Maybe we fancy some spring rolls, a stir fry, soup or a curry. There is a variety of options to suit all palates. This is a great introduction for children and adults to the absolutely delicious food of this fantastic country.

Accommodation
Hotel with swimming pool

DAY 2

Visit the monks at Wat Srisuphan Silver temple, make your own silver plate. Afternoon tour of Chiang Mai including the splendid golden Wat Suan Dok temple.

After breakfast we make our way to the fascinating 500 year old silver temple of Wat Srisuphan. We meet with the monks and look at the unique, intricate and impressive engravings made into this temple of silver, nickel and aluminium. Some of the panels have Marvel characters (yes, as in superheros) and alien families engraved - good ones to search for with the children. Unfortunately women are not allowed inside the temple, but the outside is just as interesting. The silver workshop is next door, as craftspeople are continuously refreshing the temple. It is here that we are shown what making these panels and decorations entails and then we have a little turn of our own on a small silver plate. This is a prefect keep-sake from this fun temple visit. This afternoon we head to explore the old and modern Chiang Mai, seeking out the most sacred Buddhist monuments. We drive out of town to visit the golden temple at Doi Suthep Mountain. We climb the staircase looking at the naga (the mythical beautifully adorned serpent found in this part of Asia) carvings. When we reach the top, we will be dazzled by the golden pagoda. This is such a special part of the world. It's great to see the views below of Chiang Mai. Our last visit of the day is the Wat Suan Dok, 48m golden Buddhist Stupa or Chedi.

Meals: **B**

Accommodation
Hotel with swimming pool

DAY 3

Start our mini-adventure trek through rural villages, stilt houses, forest and waterfalls to our overnight stop in the village of Pong Noi.

Today we head out of town into the green and verdant countryside for the next few days. Our walk starts at the small village of Khun Wang, south-west of Chiang Mai. The drive is around 2 hours and we stop along the way at a market to pick up provisions for the next few days. Outside of the city, the air is clean and we start seeing the rural way of life. Our luggage for the next 2 nights is packed on a motorbike to join us later, and we are ready. We walk alongside a stream which comes from Doi Lor Mountain and enjoy our picnic lunch before continuing upwards on an ascending trail used by the local community. We rest at a hidden waterfall in the forest before completing our walk into the village of Pong Noi where we overnight in our homestay. The charming residents here will make everyone feel very welcome, and our guides will help with the cooking and ensure we are comfortable for the night. The group will be in a large room altogether with mattresses on the floor, covered with hanging mosquito nets. Facilities are simple with a bucket of water for washing and clean local toilets. This is the perfect way to discover the true nature of the Thai people and how rural communities live.

Meals: **B L D**

Accommodation
Homestay

Time
4 - 5 hours walking

DAY 4

Walk along forest trails and through traditional communities to the Karen hilltribe village of Khun Puay.

After our breakfast we pack our day bags and set off on our second days' mini trekking adventure. We take the quiet forest trail, which gives us plenty of opportunity to look out for some of the wildlife including lots of bird species. We have a jungle style picnic along the route. This afternoon we arrive into Ban Khun Puay, which is a Karen hilltribe village of around 70 families. We get acquainted with the people in the village and learn about their lifestyles. We have some music or story-telling and dinner, before going to sleep in our homestay for the night.

Meals: **B L D**

Accommodation
Homestay

Time
4 - 5 hours walking

DAY 5

Walk out of the nearby Doi Inthanon National Park, transfer to Chiang Mai. Learn some Muay Thai / Thai boxing (kickboxing) skills this evening.

We leave early and trek out of the forest passing nearby some beautiful rice terraces, close to the Doi Inthanon National Park. Traditional wooden houses on stilts can be seen poking out of the lush, verdant undergrowth amongst the terraces. The majority of our walk today is spent going downhill. We stop at a waterfall for a refreshing dip or just to relax in this pretty spot. At the roadhead we say our farewells to our crew and return in the vehicle to Chiang Mai. We arrive mid-afternoon and have a little time before the exciting 2 hour Muay Thai boxing introductory lesson. This is the national sport and a cultural martial art of Thailand, and is a form of kickboxing. We learn the background and some basic techniques. This is a really fun, if super sweaty experience so make sure to bring some clothes for a proper workout! A real highlight of the trip!

Meals: **B L**

Accommodation
Hotel with swimming pool

Time
5 - 6 hours walking

DAY 6

Full day visit to the Elephant Sanctuary, overnight train to Ayutthaya.

Today we rise early for breakfast and jump straight into the awaiting transfer for a one and a half hour transfer to the ChangChill Elephant Sanctuary. This wonderful haven for elephants has worked with World Animal Protection to create an environment as natural as possible, with no direct human interaction. After a welcome and introduction, including a safety briefing, we will spend the morning with a guide, following the resident herd of elephants, observing them at a safe distance, as they forage for leaves and fruits to eat through the forest. Our guide will share some fascinating facts about the elephants, and will help us to fill the supplementary feeding tubes so that the elephants can come and feed whilst we have a vegetarian lunch at the camp. Our guides will then round up the day with a concluding discussion on all the amazing things we've learned about these beautiful creatures, and how we can support our new friends further, after our visit.

We say goodbye to the elephants and return to Chiang Mai to prepare for our exciting overnight on the train to Ayutthaya.

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. You are well looked after, and sleeping on a train through the night is a fabulous adventure for children and adults alike. The journey will take apporximately 10 hours in total, waking up the following morning at your next destination on this journey.

Meals: **B**

Accommodation
Sleeper Train

DAY 7

Arrive Ayutthaya, morning cycle ride around the ancient city ruins of Ayutthaya, visit the saffron clad Buddhas at Wat Yai Chaimongkol.

We wake on the train as the sun comes up, and disembark in the town of Ayutthaya. We have breakfast at the morning market or a local restaurant and can watch the saffron-clad monks emerge from their monasteries for the daily alms collections from the local Buddhist residents. This morning we then head out for a cycle ride around the Ayutthaya Historic Park. This island is surrounded by three rivers and is where the old capital used to be. There are ruins of once impressive temples and palaces dotted about the park, which were built between 1351 and 1767. We will have a great time cycling between the specific sites of interest, learning new facts about what used to be one of the finest cities of the ancient east. There are very few cars in this area, and so cycling is a great way to get around, with added interest for the kids. This afternoon, we'll have some time to visit the saffron clad buddhas at Wat Yai Chaimongkol, and snap our best images of these iconic figures before returning to the hotel to relax or perhaps have a swim in the pool before we head out for dinner.

Meals: **B**

Accommodation
Hotel with swimming pool

Time
2 hours easy cycling

DAY 8

To Bangkok. Afternoon sightseeing in Bangkok by bike visiting Chinatown and taking the ferry across the Chao Phraya River to the local temples and the flower market.

We transfer this morning by vehicle to Bangkok, which takes 1-2 hrs depending on the traffic. After arriving at our hotel we take our bikes and have a tour of some interesting sights of the exciting modern capital of Thailand. Our route takes us through alleyways and pathways that are best accessed on two wheels, and away from the busy roads. We pass markets, local Buddhist temples and a vast array of unique street life. The ferry takes us over the Chao Phraya River and we continue our tour in Thonburi past its temples, museums and urban life. We finish our loop through the flower market and back to the start. The cycling is designed for families and every consideration for different abilities is taken into account. We return to the hotel and have some time to freshen up before dinner.

Meals: **B**

Accommodation
Hotel

Time
2 - 3 hours easy cycling

DAY 9

Bangkok. Tour of Jim Thompson House and the Thai silk weaving community. Afternoon free for independent sightseeing to the golden reclining Buddha or the Golden Mount.

We begin our day with a tour of the Jim Thompson House, named after a silk merchant who built this beautiful teak mansion in the 1960's. Whilst Jim Thompson was alive he was adamant that the silk production for his company should be done as a cottage industry, from home, with the females becoming the family breadwinner, bringing hundreds of people out of poverty. We visit the nextdoor workshop to see how silk is hand woven to produce high-quality silk fabrics. This afternoon we have free time. You can choose to take an optional long-boat ride along the waterways, visit the food market, or go to Wat Saket/The Golden Mount for a close up view of this golden stupa, or of course there is always the option to see the massive golden Reclining Buddha at Wat Pho. There is so much to see and do, and your guide will advise you the best places and routes for your family.

Meals: **B**

Accommodation
Hotel

DAY 10

Transfer and take the ferry to Koh Samet for some beach time.

We transfer by road for around 3 hours to Rayong Pier. Here we take the short ferry ride across to the paradise island of Koh Samet. Here we check into our coastal hotel. Koh Samet is a paradise island known for its white sandy beaches, blue skies and warm turquoise seas full of beautiful fish. We stay at a family friendly hotel with a swimming pool and nestled next to idyllic beaches. We can relax and unwind, and enjoy a good book whilst the children swim, snorkel and play in this safe environment.

Meals: **B**

Accommodation
Hotel with swimming pool

DAY 11

Day on the paradise island of Koh Samet.

Today we can do as we please. The small island is a national park and has a selection of fine beaches. We can stay at our hotel and beach, or we can take an optional trip to some of the other hidden bays. There are a plenty of watersport options along the beach.

Meals: **B**

Accommodation
Hotel with swimming pool

DAY 12

Day on the paradise island of Koh Samet.

A second full day on the island to ensure that adults and children alike are fully soaked in the relaxed atmosphere and way of life in this tropical paradise.

Meals: **B**

Accommodation
Hotel with swimming pool

DAY 13

Departure Day. Leave Koh Samet and transfer back to Bangkok Airport for departure.

Our holiday ends after breakfast at the hotel on Koh Samet. We then say goodbye to the blue skies, seas and sun and take single timed transfer back over the ferry to Rayong Pier and then another 3 hours driving to Bangkok Airport. We will be at Bangkok Airport in time for flights departing in the evening.

Meals: **B**

Holiday Information

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.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking 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.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

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 motorcyle 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

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Thailand

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

From 1st May 2025, all foreign travellers entering Thailand by air, land or sea must submit a Thailand Digital Arrival Card (TDAC) online prior to arrival, which replaces the paper arrival card.

Travellers must complete the TDAC within the 3 days prior to arrival in Thailand. To complete the TDAC, go to the official website: https://tdac.immigration.go.th

A guide on how to complete the Thailand Digital Arrival Card can be found here: https://tdac.immigration.go.th/manual/en/index.html

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

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 and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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.

Private Groups Information

Make this KE family holiday your own!

- Choose your own departure date
- Travel on this holiday with just your family and friends
- Tailor your holiday by adding extra days for relaxation or upgrade your hotels

If our standard dates do not fit with your school holidays or you wish to travel with just your family or with your family and friends, we will be pleased to set up a private departure for any of our family holidays.

Depending on what you are looking for we can look at tweaking the itinerary to allow you some extra relaxation time or upgrading the hotels. Our personal service means you'll be fully involved as we make the arrangements for your perfect family adventure holiday.

Independence with Security

Travelling as a KE private family group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for you and your family and friends by a reputable adventure travel company.

To take your first step to an amazing adventure with your family and friends complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

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

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

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 14/11/2026 and the trip is subject to change