



Thailand Family Holiday for solo parents

Overview & Itinerary

Start	Bangkok, Thailand
Finish	Bangkok, Thailand
Destination	Thailand
Style	Original
Theme	Family
Code	TTFAS
Validity	01 Jan 2018 to 31 Dec 2018



Is this trip right for you?

- This trip is for solo parents travelling with their children only. If you're planning to travel on your own with your child, this trip might be just what you're looking for. It will give you a chance to travel with other solo parents!
- Prepare for hot and sticky temperatures during the day, but cooler climates in the evening. Layers are the best way to tackle this. Be sure to also drink plenty of water and use sun protection.
- You'll visit several temples on this trip, which means covering up arms and shoulders as per the local custom. A light scarf is a great idea for covering shoulders and arms when it's hot.

- Your overnight train journey (Day 4) is quite long. Make the most of it by checking out the scenery and chatting with local travellers. There's nothing quite like waking up on a sleeper train in a new and exciting destination.
- The accommodation is basic at your homestay (with fold-out mattresses and shared facilities), but the experience of spending time with a local family in their home will more than make up for the lack of creature comforts.

Physical rating



These trips are setup to involve and include all the family so no real physical preparation is necessary. The trips all have some degree of physical activity but nothing that is too strenuous. Please check the physical rating on the trip notes and if you need further explanation please contact one of our sales consultants who will provide you with more detailed information.

Joining point

Nouvo City Hotel (Canal Wing)
2 Samsen 2, Samsen Road, Pranakorn
Banglumphu
Bangkok
10200
THAILAND
Phone: +66 22827500

Joining point description

Centrally located and close-by the famous Khao San road, the Nouvo City Hotel is within walking distance of many of the area's main attractions such as the Grand Palace, National Museum and Wat Po. We use the "canal wing" for all of our Intrepid Original trips that stay at this property and rooms are equipped with a private en-suite. Breakfast is not included but a buffet breakfast can be purchased in the hotel's restaurant. Please also note that no alcohol is served in this hotel, but there are lots of great bars across the road.

Joining point instructions

Metered taxi ranks are located outside the airport entrance on the 1st floor (gate 4 and 7). Go out of the customs hall, down to the 1st level and walk outside the airport where there is a table with a sign saying "metered taxis". The cost is the metered fare plus a THB50 surcharge. If the taxi uses the toll way it is up to an extra THB75. The total fare should be about THB400 Baht (US\$11). Non-metered taxis are also available, where you will be given a docket to pay the driver a set price of THB700 (US\$20).

Alternatively Intrepid offer a pre arranged transfer service option. Enquire with your agent and advise your flight arrival details at least 14 days prior to your trip departure. If you have purchased an arrival transfer you will be met after exiting customs. Look for exit door 4 and our representative holding a sign with your name on it.

If you have any problems and cannot locate our transfer representative on arrival please go to the ATTA Counter (Association of Thai Travel Agents) near exit door 6 on the same floor and ask them to call our transfer operator World Travel Idea 24hr number 081 658 2727 or 081 566 9324.

Check in time at the hotel is after 14.00

Problems and emergency contact information

In the case of a genuine crisis or emergency, Intrepid's Thailand Office can be reached on Tel: +66 898 103 722 (Thailand, Laos, Malaysia, Borneo, Indonesia & Phillipines) and Tel: +855 92 555 969 (Cambodia). Intrepid's Vietnam Office can be reached on Tel: +84 903 117 770.

For general enquiries or questions about your booking, please contact your agent or adventure specialist. For further contact details please use the following page:

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

Peak Thailand: 0066 89 810 3722

Itinerary

Day 1: Bangkok

Sa-wat dee! Welcome to Thailand. Your adventure begins with a welcome meeting at 6 pm. If you arrive early, there is plenty to see and do in this exciting city. Bangkok is famous for its tuk tuks, khlong boats and street vendors serving up delicious Thai food. Perhaps take a riverboat to Chinatown and explore the crowded streets, uncover the magnificent Grand Palace and the Temple of the Emerald Buddha, wander down the tourist mecca of Khao San Road, or indulge in some Thai massage.

Accommodation

- Nouvo City Hotel Bangkok or similar (1 night)

Optional Activities

- Bangkok - Grand Palace - THB500
- Bangkok - Thai Massage - THB250
- Bangkok - Thai kickboxing exhibition - THB2200
- Bangkok - Jim Thompson's House - THB150
- Bangkok - Chinatown Food Discovery Urban Adventure - THB2149

Meals Included

There are no meals included on this day.

Day 2: Kanchanaburi

Today you will travel by longtail boat down the Chao Phraya River and explore the famous 'khlongs' (canals) of Bangkok (approximately 1 hour). Life along these canals seems a world away from the busy streets of the capital. After that you will pay a visit to Wat Pho, one of the six most important temples in the country. It's home to the country's largest reclining Buddha, which is a seriously impressive sight. This place is also the gatekeeper of the secrets of Thai medicine and massage. After exploring the site, you and the family will take a local bus to Kanchanaburi (approximately 2 hours) and check into your hotel. The hotel is situated where the Khwae Noi and Khwae Yai rivers converge. Kanchanaburi is home to the infamous 'Bridge on the River Kwai'.

Accommodation

- Riverkwai Bridge Resort or similar (1 night)

Included Activities

- Bangkok - Khlong boat canal tour
- Bangkok - Wat Pho

Meals Included

- Breakfast

Day 3: Kanchanaburi

Travel to Erawan National Park in the morning (approximately 1.5 hours each way). Located on West Thailand in the Tenasserim Hills of Kanchanaburi Province, this national park boasts the incredible Erawan Falls, a famous seven-level waterfall of luminous turquoise pools and exotic tropical fish. It's a great place to explore or simply swim and relax. If you do some exploring of the lush surrounds, keep your eyes peeled for eagles, pheasants or leafbirds among many others who might be soaring above or perched in the treetops. On your return journey, there's the possibility of a kayaking adventure down the River Kwai back towards town, during which you'll paddle under the bridge for a unique view. If kayaking isn't your thing, there are majestic Buddhist temples to explore.

Accommodation

- Riverkwai Bridge Resort or similar (1 night)

Included Activities

- Kanchanaburi - Erawan Water Falls
- Kanchanaburi - Erawan National Park

Optional Activities

- Kanchanaburi - Kayaking - THB350

Meals Included

- Breakfast

Day 4: Ayutthaya/Overnight train

Transfer by minibus to the nearby city of Ayutthaya (approximately 2.5 hours). Once the capital of ancient Siam, Ayutthaya offers a great opportunity to stroll the World Heritage-listed ruins of this once magnificent city. There's time for a guided tour of the picturesque ruins and temples spread across the town. The ruins at Wat Phra Mahathat provide many photo opportunities and the Buddha head surrounded by Banyan tree roots is perhaps the most photographed site in Ayutthaya. Afterwards, board an overnight train to Chiang Mai (approximately 11 hours). You will be travelling in soft sleeper class, as per Intrepid style. Multishare compartments, air-conditioning, bunk beds, sheets and a pillow are provided. There's also a food and drink service on board. Note that your baggage will travel in the carriage with you.

Accommodation

- Overnight Sleeper Train (1 night)

Included Activities

- Ayutthaya - Temple Ruins Guided Tour

Meals Included

- Breakfast

Day 5: Chiang Mai

Wake up in Chiang Mai, the most vibrant city of Northern Thailand. As well as amazing temples and an interesting old town, the city is known for its friendly, smiling locals. Drive along a scenic, winding mountain road that ends at an impressive 300-step naga-guarded stairway (approximately 45 minutes). The rewards will justify the climb, as one of Thailand's most stunning temples reveals itself. This is Doi Suthep. You'll be treated to panoramic views of the city from up here. You might also be able to listen to the evening chants of the resident Buddhist monks while you're here. You'll also visit Bor Sang today, a traditional umbrella factory. With free time in the evening, perhaps wander through the colourful night bazaar or visit one of the quality restaurants along the riverfront. In any case, don't miss out on the signature northern dish kao soy – yellow wheat noodles in a curry broth with chicken or beef.

Accommodation

- De Charme Hotel or similar (1 night)

Included Activities

- Chiang Mai - Doi Suthep temple
- Chiang Mai - Traditional Umbrella Factory

Optional Activities

- Chiang Mai - Bicycle tour - THB950
- Chiang Mai - Thai cooking course - THB800
- Chiang Mai - Thai massage - THB200
- Chiang Mai - Urban Adventures - Mind & Soul - THB2317
- Chiang Mai - Urban Adventures - Mae Ping River Experience - THB2534

Meals Included

- Breakfast

Day 6: Village Homestay

Set off early, around 8 am, through Mae Taeng Valley to Elephant Nature Park. The drive is about 60 kilometres (approximately 1.5 hours). This unique project provides a sanctuary and rescue centre for elephants. Greeted by an expert guide, learn about the problems these creatures face in South East Asia. You'll have the chance to see these amazing beasts from the viewing platform where you can give them their morning tea! A local guide will take you around the park where you will get to know the elephants story. Enjoy some lunch before elephant bathing time. Watching these magnificent elephants bath from the river bank is quite the sight. We head off in the afternoon to the warm and welcoming village of Ban Hua Tung (approximately 45 minutes). The community will invite you and your family into their village for the night for a truly unique experience. Be treated to a home-cooked dinner and a traditional Thai dancing performance.

Notes: The Chiang Mai and homestay days may be swapped or shuffled around, depending on the commitments and availability of the host family.

Accommodation

- Baan Hua Thung Homestay (1 night)

Included Activities

- Chiang Mai - Elephant Nature Park day trip

Meals Included

- Breakfast

- Lunch
- Dinner

Day 7: Chiang Mai

Bid farewell to your village hosts and head into the forest at the base of Chiang Dao mountain. Local guides will show you around the forest which the local Hua Tung people manage together as part of a new community initiative. The biodiversity of the forest is protected by a sacred 'forest ordination' by Buddhist monks whereby trees are ordained as monks – the people nurture the forest, and the forest nurtures the people in return. There's a yearly bamboo harvest which raises money for the village. The locals take great pride in showing you the development of their village and the many different herbal medicines and wild foods in the forest. Return to Chiang Mai and enjoy free time – perhaps a bicycle ride or cooking class.

Accommodation

- De Charme Hotel or similar (1 night)

Meals Included

- Breakfast

Day 8: Overnight Train

Today is free for you to explore Chiang Mai before your 4 pm overnight train journey (which heads in the direction of Hua Hin, tomorrow's destination). Perhaps join your leader on a walk through the old city, or take up one of many optional activities. A unique and fun attraction for kids is the Northern Thai Doll museum at Baan Tawai wood handicraft village. Here you'll find a delightful collection of dolls decked out in the colourful costume of Northern Thailand's ethnic minorities. You can also stroll through the serene Queen Sirikit Gardens where the family can enjoy the Butterfly Garden and Insectarium.

Accommodation

- Overnight Sleeper Train (1 night)

Meals Included

- Breakfast

Day 9: Hua Hin

Take a minivan south to the beach town of Hua Hin (approximately 3 hours). Spend your free time here exploring and swimming in the numerous white sandy beaches by day and indulging in amazing food by night. This beautiful coastal spot is located right by a sophisticated city that has everything you need. But its slickness takes nothing away from the gorgeous beach and blue-green waters, which are perfect to laze around in. Hua Hin was once a sleepy fishing village before Thai royalty made it their beachside getaway in the '20s. Hin Beach is the main strip – grab a coconut, settle in and be sure to sample the delicious thom kha (spicy seafood soup).

Accommodation

- Chom View Hotel (1 night)

Meals Included

- Breakfast

Day 10: Hua Hin

Today is free to spend as you please. A bicycle tour is always an excellent choice for the family, and there are many nearby vineyards and mountainous trails to explore, depending on how far you would like to venture. You might like to just stay at the beach and soak up the atmosphere of Thailand's original coastal resort. Perhaps stroll north on the main shore to check out some of the opulent Victorian-style garden estates. The day market, Chatchai, is well worth a visit, boasting fresh fruit, delicious donuts and traditional sweetened coffee. The real hit, however, is the night market, and your leader will be on hand to take you there if you wish.

Accommodation

- Chom View Hotel (1 night)

Meals Included

- Breakfast

Day 11: Bangkok

Return by minivan to Bangkok and enjoy an afternoon of free time. The shopping is excellent in Bangkok, and the malls sometimes feel like their own kind of theme park. A great option for the family is to take a taxi over to Siam Ocean World to enjoy their interactive show and daily feedings. It has one of the largest aquariums in South East Asia, and its 'Weird and Wonderful' zone is sure to impress the young ones, with striped frogfish, garden eels and gigantic spider crabs peeking at you through the glass. Alternatively, visit the excellent Art in Paradise museum for some 3-D fun and quirky photo opportunities.

Accommodation

- Nouvo City Hotel Bangkok or similar (1 night)

Optional Activities

- Siam Ocean World - THB900

Meals Included

- Breakfast

Day 12: Bangkok

There are no activities planned for the final day, and you are free to depart the accommodation at any time.

Meals Included

- Breakfast

Finishing point

Nouvo City Hotel (Canal Wing)
2 Samsen 2, Samsen Road, Pranakorn
Banglumphu
Bangkok

10200

THAILAND

Phone: +66 22827500

Finishing point description

Centrally located and close-by the famous Khao San road, the Nouvo City Hotel is within walking distance of many of the area's main attractions such as the Grand Palace, National Museum and Wat Po. We use the "canal wing" for all of our Intrepid Original trips that stay at this property and rooms are equipped with a private en-suite. Breakfast is not included but a buffet breakfast can be purchased in the hotel's restaurant. Please also note that no alcohol is served in this hotel, but there are lots of great bars across the road.

Finishing point instructions

A pre-booked departure transfer is available. Please inquire with your agent.

If you have a transfer to the Bangkok Airport your transfer driver will collect you from your Hotel 3 hours before your flight time. If your transfer has not arrived within 15minutes of the scheduled pickup time please ask the hotel / guesthouse reception to call our transfer operator World Travel Idea 24hr number 081 658 2727 or 081 566 9324.

A taxi to the airport will cost about THB700 (US\$20). The hotel or your leader can help you organise a taxi.

Normal check out time is 12 noon. If you are departing later, you can arrange luggage storage at the hotel.

Itinerary disclaimer

Occasionally our itineraries are updated during the year to incorporate improvements stemming from past travellers' comments and our own research. The information given in this itinerary may be slightly different to that in the brochure. It's very important that you print and review a final copy of your Essential Trip Information a couple of days prior to travel, in case there have been changes that affect your plans. If you have any queries, please contact your travel agent or our staff. We are here to help you! Please note that while we operate successful trips in this region throughout the year, some changes may occur in our itineraries due to inclement weather and common seasonal changes to timetables and transport routes. This can happen with little notice so please be prepared for modifications to the route. The order and timing of included activities in each location may also vary from time to time.

OPTIONAL ACTIVITIES:

A selection of optional activities are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only. Prices are approximate and are for entrance only and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability and it may not be possible to do all the activities listed in the time available at each destination. Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. This means that it is possible that you may find the same activity cheaper with another operator on the ground, however we cannot vouch for the safety or quality of that operator. Activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with booking these activities. The decision to partake in any activity not listed is at your own discretion and risk.

Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us understand what we are doing well and what we could be doing better. It allows us to make improvements for future travellers.

<http://www.intrepidtravel.com/feedback/>

Essential Trip Information

Important notes

Please note that these trips are for adults and children travelling together and there must be at least one child under 18 with you.

Solo Parents: This trip can only be booked with parents travelling solo with their children. Many foreign countries require additional specific documentation to be carried by parents travelling alone with one (or more) child. We recommend that all passengers check the entry requirements for children before travelling by contacting the embassy or consulate of the country you plan to visit.

Minimum age for children on this trip is 5 years old.

A discount of 10% applies on this trip to children 17 years and under at time of travel.

Passport and visas

Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time.

THAILAND:

If entering by air most nationalities will be granted a 30 day stay on arrival.

If entering by a land border, you will be granted a 15 day stay only (some exceptions are citizens of the United States, United Kingdom, Canada, France, Italy, Germany and Japan who are eligible for 30 day visa at land borders). A visa extension can be obtained in Thailand at an immigration office for approx. 2000THB or alternatively you can apply for a Thailand visa in advance from your embassy or consulate that will allow a 30 day stay when entering at an overland border.

If planning to enter Thailand via a land border multiple times during your travels, we recommend you pre-obtain a 60 day multiple entry visa from your embassy or consulate before you travel rather than attempting to obtain a visa at the border on multiple occasions which may result in being denied re-entry into the country.

Medical and health information

All Intrepid travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Intrepid Travel reserves the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations and anti-malarial requirements before departure. We recommend that you carry a first aid kit as well as any personal medical requirements (including a spare pair of glasses) as they may not easily be obtained at the locations on this trip. For legal reasons our leaders and guides are prohibited from administering any type of drugs including headache tablets and antibiotics. Please ensure that you are adequately prepared.

Kids' bellies are delicate and the standards of hygiene you may experience while travelling in this region can be less than what you are accustomed to at home. There are a few simple precautions you can take that will keep the family travelling in good health.

DRINKING WATER:

Make sure you always travel with plenty of water so you do not risk dehydration.

FOOD:

With all the exotic tastes available it would be a shame to avoid the great experience of trying new foods for the first time - both kids and parents! In most cases food is fresh and tasty, and perfectly fine to eat, however it can

contain ingredients that you are not used to. Any change in diet (no matter where in the world you travel) can result in an upset stomach. Usually this is the only side-effect and it can last a few days. We don't want you to miss out savouring new flavours, but be wary of what you choose to eat - especially what your kids eat.

HYGIENE:

Keep your hands clean - and the kids'. It is important to remember to do this before eating especially if you will be eating with your hands as may be the custom. Antiseptic wipes or antiseptic hand gel (which you can use without water) are fabulous inventions - made with travelling families in mind.

CONTACT WITH ANIMALS:

In new and exciting destinations we often come across different animals. There are a lot of stray cats and dogs in some destinations. Keep an eye on children in these situations as aggravated animals can bite and may transmit diseases including rabies.

DENGUE FEVER:

Rare instances of dengue fever have been reported in this region. This virus is transmitted by mosquitoes. There is no vaccination against it, but there are preventative measures that you can take such as wearing long clothing, using repellent and being indoors particularly around dusk and dawn.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. On our camping trips we often cook the region's specialities so you don't miss out. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

Accommodation

Hotel (8 nights), Overnight sleeper train (2 nights), Homestay (1 night)

GENERAL ROOMING CONFIGURATIONS:

Family of two - All family groupings of two will be put into a twin room.

Family of three - Wherever possible we will put you in a triple room. Please be aware that in some places triple rooms are in short supply. This means that, in practice, a triple room will often simply be a twin room with a mattress on the floor or a further bed squashed in. Where it is impossible to provide a triple room, you will have to decide which of your party takes the single room.

Family of four or more - You will most likely stay in two twin rooms. If and wherever possible we will aim put you in a quadruple room. Whilst we will do our very best to ensure that families are roomed close together (in some cases, we can arrange adjoining rooms), we can't guarantee this. Most family holidays occur during peak season and we sometimes have little to no control over where you will be put. You need to come prepared for this.

Transport

Bus, Longtail boat, Overnight sleeper train, Songthaew

OVERNIGHT TRAINS

Overnight sleeper trains in Thailand are air-conditioned with sleeping berths down both sides of the carriage. The carriage is multishare, and there are curtains that close over the beds. A sleeping sheet and a pillow are provided, and our luggage travels in the carriage with us. There is a western and Asian-style toilet located at the end of the carriage, with carriage lights staying on during the night.

Money matters

SPENDING MONEY:

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like meals not included, drinks, shopping, optional activities and laundry. It's always better to bring a little more than you think you'll need. Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

Budget for meals not included: 180.00

The official currency of Thailand is the Baht (THB).

The most convenient and cheapest way to obtain local currency is via an Automated Teller Machine (ATM) or Bancomat. ATMs are now available in most towns and visa cash advances are available in major banks. Foreign currency notes that are old, torn or faded can be very difficult to exchange, clean bills in small denominations are most useful. Traveller's cheques can be difficult to change. The use of credit cards is restricted, mainly to major hotels.

DEPARTURE TAX

All departure taxes should be included in your international flight ticket.

CONTINGENCY FUNDS:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last minute changes to enable our trips to continue to run, and as a result there may be some extra costs involved.

TIPPING

If you're happy with the services provided a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations.

Optional Tipping Kitty:

On Day 1 your tour leader will discuss with you the idea of running a group tipping kitty, whereby everybody contributes an equal amount and then your tour leader pays the tips for drivers, local guides, and hotel staff (excludes restaurant tips). The leader will keep a running record of all monies spent which can be checked at any time, and any money remaining at the end of the tour returned to group members. This is often the easiest way to avoid the hassles of needing small change and knowing when and what is an appropriate amount to tip. Participation in this kitty at your own discretion, and you are welcome to manage your own tipping separately if you prefer. Please note the tipping kitty excludes tips for your tour leader.

Optional tipping kitty for this trip: THB 400 per person

The receipt of commissions or kickbacks in exchange for recommending particular shops or services is ingrained in the culture of the tourism industry. Rather than turning a blind eye to this unavoidable issue in some areas, Intrepid has established a centralised fund whereby contributions from recommended suppliers are collected and distributed back into the business. Intrepid aim to provide the best value trips in the market, and this fund assists in keeping operating costs and trip prices low to you.

A priority in establishing this fund is that the experience of our traveller - you - is not compromised in any way. Please let us know via the feedback form completed after your trip if we are successfully meeting this objective.

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking you should pack as lightly as possible. On the vast majority of our trips you are expected to carry your own luggage, although you won't be required to walk long distances with it (max 30 minutes).

Many travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags or backpacks with wheels are also convenient although we recommend your bag has carry straps. You'll also need a day pack/bag to carry water and a camera etc for day trips.

Below we have listed the essentials for this trip:

<https://www.intrepidtravel.com/packing-list>

WATER BOTTLE:

Consider bringing your own water bottle to refill along the way. We recommend at least a 1.5litre capacity. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments.

Climate and seasonal information

BANGKOK PROTESTS Ongoing since November 2013

There has been ongoing protest's in Bangkok since November 2013. During this time when protest gatherings have been quite large Bangkok taxi drivers may not want to drive from the airport to your downtown hotel. If the public taxis will not take you please go back inside the airport and you can arrange a private vehicle transfer with the Airports of Thailand transfer services. These cost about 1200THB per car to the downtown hotels.

Please refer to our safety page on the Intrepid website for more up to date information regarding these protests.

<http://www.intrepidtravel.com/contact-us/safety>

Group Leader

All Intrepid Family trips are accompanied by one of our group leaders. The aim of the group leader is to assist your family take the hassle out of your travels and to help you have the best trip possible. Your leader will provide information on the places you are travelling through, offer suggestions for fun things to do and see- for both kids and parents, recommend great local eating venues that will even get the kids trying new things, and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

Our leaders are not babysitters on this trip - we leave that to you (the experts), but they will make sure that group members of all ages are able to explore their destination safely and with as much fun as possible. Our group leaders are not responsible for looking after children at any time and children must be accompanied by a parent or guardian at all times throughout this itinerary.

Safety

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trip.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

<http://www.intrepidtravel.com/contact-us/safety>

TRAFFIC AND DRIVING ON THE OTHER SIDE OF THE ROAD:

Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Be aware!

PETTY THEFT AND PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

A couple of rules

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land, but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for Intrepid travellers. Intrepid's philosophy of travel is one of respect towards everyone we encounter and in particular, the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Everyone has the right to feel safe and secure on their trip. We don't tolerate any form of violence (verbal or physical) or sexual harassment at Intrepid, either between passengers or involving our leaders, local operators or locals.

Sexual relationships (consensual or otherwise) between a leader and a passenger are unacceptable. If you ever feel another person is behaving inappropriately please inform us immediately by contacting the emergency contact number detailed in these trip notes.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SINGLE SUPPLEMENT:

A single supplement is available on this trip, please refer to your booking agent for further information.

Please note a single supplement is not available on the following nights,

Day 4 Overnight train

Day 6 Homestay

Day 8 Overnight train

Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

<http://www.intrepidtravel.com/insurance.php>

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

LOCAL DRESS:

When packing be aware that dress standards are conservative throughout Asia, especially outside major cities. To respect this and for your own comfort, we strongly recommend modest clothing. This means clothing that covers your shoulders and knees. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. In many rural areas in Asia women will need to wear modest clothing even to swim. Singlets, tank tops and topless sun bathing are all unacceptable. When visiting religious sites men often need to wear long trousers and women a long skirt or sarong.

The Intrepid Foundation

Since Intrepid Travel commenced operating in 1989 we've been committed to giving something back to the communities we visit. One way has been through our support for local humanitarian, development and conservation projects. Many of our travellers want to contribute something too. Whilst it is often tempting to give hand-outs to those less fortunate, this has the potential to promote a culture of begging and dependency. Handouts are not a sustainable way for individuals or communities to live. That's why we established The Intrepid Foundation – to make it easier for travellers wishing to give back to communities in an effective and meaningful way.

The Intrepid Foundation is a not-for-profit fund offering a selection of excellent grassroots organisations which you can contribute to. All donations to The Intrepid Foundation will be matched by Intrepid Travel dollar for dollar (up to AU\$1,000 per donor and a total of AU\$400,000 for all donors in each financial year, excluding emergency appeals). And every cent gets there as Intrepid Travel pays for all the administration costs. Donating is simple and secure. Please ask your leader for information on the projects we support through The Intrepid Foundation or go to our website:

<http://www.theintrepidfoundation.org/>

Organisations and projects currently supported by The Intrepid Foundation in Thailand include:

* Friends of the Asian Elephant (FAE) provides care for sick and injured elephants in Thailand.

www.theintrepidfoundation.org/projects/friends-of-the-asian-elephant/