



Thailand
Trekking & Rafting Adventure

PIONEER EXPEDITIONS



DO SOMETHING EXTRAORDINARY...

ITINERARY

Thailand • Multi Active Adventure

14 DAYS • 13 NIGHTS

Bangkok – River Kwai - Kanchanaburi – Chiang Mai – Mae Ngat – Mae Tang – Huay Nam Dung – Chiang Mai – Phuket

HIGHLIGHTS

- Experience a Thai Street Food tour as well as the 'lungs of Bangkok' cycle tour.
- Kayak & Raft on the rivers near Chiang Mai
- Cycle 105 km through the rice paddies on a 2 day trip
- Trekking in the Huay Nam Dung Region and explore the local areas.

TOUR ESSENTIALS

Tour Style	Multi-Active Trip
Tour Start	Bangkok
Tour End	Phuket
Accommodation	Hotel, Raft House, Train, Homestay
Included meals	13 Breakfasts, 7 Lunches, 6 Dinners
Difficulty Level	Medium

THAILAND MULTISPORT ADVENTURE



Remote, wild, and some of the last true jungles in Thailand will be the home of this active trip. A true adventure in Thailand! Experience city life, wonderful cuisine and beautiful sites before heading off to the adventure capital where you can enjoy trekking, biking and kayaking. You will end your adventure with some well deserved beach time.

THAILAND ADVENTURE *an overview*

Discover the charms of Thailand in this active trip. This is a private trip for 2 or more people and we can tailor it to suit. This magnificent adventure begins with you discovering the real Thai street cuisine and joining a cycle tour to see some unforgettable sights. Hop on a long tail boat and see some fantastic wildlife whilst you're there. The adventure however has only just begun!

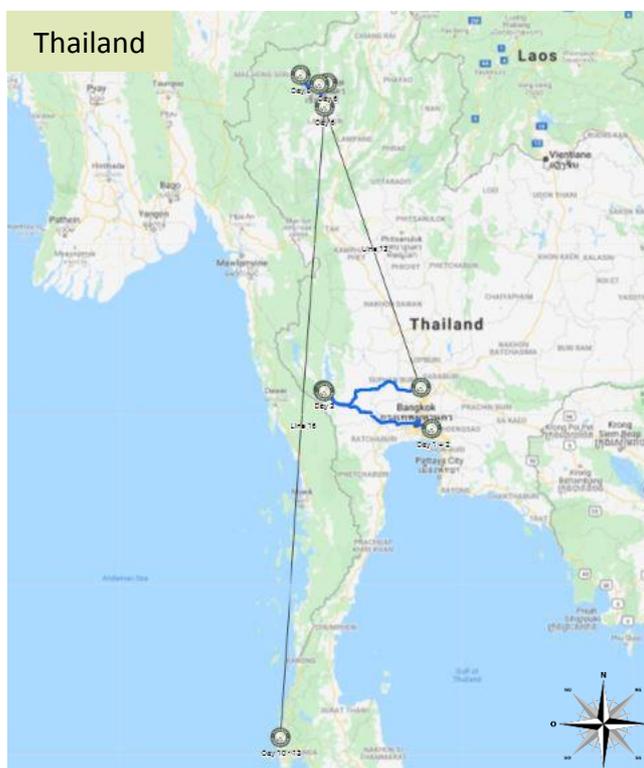
You will get the opportunity to see several historic sites and ride on the death railway. You will visit museums as well as taking a tour of some of the greatest Thai temples. You will kayak on the river Kwai Noi and trek through the jungle. This trip offers you the perfect balance of discovering nature and city sites whilst being active and adventurous. On top of this, you will get to stay in some very unique locations including a floating raft. Of course, this holiday can be completely personalised according to your interests and budget. This really is a trip not to be missed.

WHY PIONEER EXPEDITIONS?

We really are one of the few specialists that really “do” off the beaten track and unique adventures in Thailand. We are driven by a passion for adventure travel and wildlife. We know it inside-out, and continuously collaborate with our local partners and tour guides to ensure that you have the best experiences on your dream Thailand adventure – this focus is reflected in our uniquely wonderful itineraries. Our experts are on hand whether you are looking for a small group trip or a bespoke holiday.

Even better, our small group tours have a maximum of 8 people, making it a much more personal experience. Furthermore, we don't expect you to pay a single supplement, perfect for solo travellers! (*nb. no ss charged as long as you are happy to share a room)

Pioneer work in some of the world's most spectacular, remote and extraordinary places worldwide.



ITINERARY

DAY 1: ARRIVE BANGKOK

Upon arrival, you will be greeted by your guide and be transferred to your hotel. Check into your rooms and enjoy the rest of the day at leisure.

Overnight Hotel – W22 Hotel



Overnight:
Hotel



Meals:
Nil



Distance:
45 mins



Activities:
Travel

DAY 2: BANGKOK STREET FOOD TOUR

In the morning you will be met by your guide and will drive through the old town of Bangkok to City Hall where this Bangkok street food tour begins! Before sampling the first bite, stop at Wat Suthat, one of the oldest and largest Buddhist temples in Bangkok. Then make a quick photo stop at the Giant Swing, located at the front of the temple.



After that it is time to start the Bangkok culinary walking tour. Wander down quiet side streets to a small, historic coffee shop for a cup of 'kafae boran', the old-style Thai coffee. Venture onwards to a small stall making 'khanom thua paep' and sample this unique rice crepe mixed with mung bean. Then, just a few steps away, continue to another local stall to sample 'gui chaii', a dumpling stuffed with various vegetables like bean sprouts and spinach.

Walk a bit further to the Chinese Chao Phor Suea Shrine and admire its unique tiger god image. Then it's back on the food trail with a visit to a coconut ice cream shop. Located in a heritage neighborhood, the small shop has been selling this dessert for generations. Hear about the family's background while enjoying the sweet, creamy ice cream.

More food awaits! Venture to a small market and browse the stalls selling fresh seafood, fruits, spices and more. Learn about the local market culture and discover the uses for some of the more exotic ingredients on sale.

After this tasty experience, walk through the neighborhood to discover a Buddha statue manufacturer. Witness the process of making the statues and see the various sculptures and images for sale. Then return to the Giant Swing where a car is waiting.

Transfer back to the hotel with a full belly and a greater understanding of Thailand's food culture.

Overnight Hotel – W22 Hotel



Overnight:
Hotel



Meals:
B



Distance:



Activities:
Foodie tour



DAY 3: TRANSFER - SAMUT SONGKHRAM – RIVER KWAI

Early this morning, drive south from Bangkok to the garden province of Samut Songkhram (80km) in the Mae Klong River delta area. Visit a unique country market along the railway tracks where local people gather to buy and sell a variety of goods. From here, the journey continues to the very famous touristic Damnoen Saduak Floating Market. Although quite touristy today, the market remains the best example to showcase how a floating market originally was like decades ago.

(For visits falling on a Saturday or Sunday, the tour offers the option of an exploration choosing between visiting Damnoen Saduak or the smaller and less touristy floating market Tha Kha where a short paddle boat tour in the backwaters offering a visit to an old Thai house making coconut palm sugar.)

Take a fascinating paddleboat journey through the waterways to visit a family that makes coconut sugar syrup at their teak house, and taste a glass of the sweet juice. Visit some beautiful local temples; see a 400 year-old banyan tree and interesting statues depicting the traditional art of Thai boxing. Then visit Rama II Park, which houses a local museum with traditional artifacts.

The day continues with a drive to Kanchanaburi, where we will enjoy lunch at a local restaurant. The restaurant is situated near the famous **“Bridge on the River Kwai”**, which was built by Allied prisoners of war during World War II. Visit **Thailand-Burma Railway Center Museum**. This museum showcases an exhibition about the history of the Thailand - Burma railway, a 145-kilometer train track between Bang Pong in Thailand and Thanbuyuzayat in Myanmar that was built by prisoners of wars during the invasion of the Imperial Japanese Army, WWII.



We then head to our float house which will be home for tonight.

Overnight– River Kwai Jungle Raft



Overnight:
Raft room



Meals:
B, L, D



Distance:
4 hrs driving



Activities:
History

DAY 4: KANCHANABURI – RIVER KWAI

After breakfast, depart for **Erawan Waterfall** - a beautiful seven-tiered waterfall. Located in Erawan National Park, the best time to visit is during rainy season from May until September. Guests will be able to walk up to each tier of these picturesque falls, so it is best to bring good walking shoes. Also guests should remember to bring their swimming suit so they can cool off in the falls' natural pools.

Note: Depending on the circumstances, the guide will decide whether it is safe enough to swim in the waterfalls. Guests should kindly always respect and follow his decision.

After lunch, take a **short train ride along the infamous ‘death railway’** through Kwai Noi gorge. After the ride, transfer to your resort. Dinner at the resort.



Overnight– River Kwai Resotel



Overnight:
Hotel



Meals:
B, L, D



Distance:
3 hrs driving



Activities:
Exploring, Swimming



DAY 5: KANCHANABURI – AYUTTHAYA – OVERNIGHT TRAIN TO CHIANG MAI

Today we journey from the city of Kanchanaburi to the country's former capital of Ayutthaya – the most charming ancient city in Thailand. We will enjoy lunch in a local restaurant before heading off in the afternoon on a cycling trip to

Ayutthaya historical park, your bike will be set-up and ready to explore the site that known for its spectacular temple ruins. In the mysterious light of dusk, we will explore the temples by bicycle. Witness the spectacular twilight scenery of the former capital of Thailand on a relaxing bike ride. The bike tour is on a join basis (not private).. You will see the main highlights and a few hidden gems of what was once the most splendid city of the East. After the cycling session ends, we transfer to a hotel for a shower before boarding the newest over-night train to Chiang Mai.



We will then take an overnight train from Ayutthaya station to Chiang Mai

Overnight – Overnight Train/2nd Class to Chiang Mai



*Overnight:
Train*



*Meals:
B, L,D*



*Distance:
3 hrs driving
8 hrs train*



*Activities:
History and Culture
and Biking*

DAY 6: CHIANG MAI- MAE NGAT

We awake in Chiang Mai and our guide will meet us at the train station. Get active and join us for an exciting day of cycling in and around spectacular Sri Lanna Naional Park, located only an hour's drive from Chiang Mai.

After breakfast, we load our luggage in the back up vehicle and cycle across Chiang Mai as the city is starting to wake up. Within a short time we're heading out of the city where the houses become smaller and the buildings lower. Along the way you will already see the occasional rice paddy randomly situated between houses and neighbourhoods.

As we ride on, there will be more abundant rice paddies and fruit orchards with backdrops of stunning mountains while houses become less and less. After a while, we will reach Mae Kuang Dam, a dam made to save water for the farmers in the area. Cycling over the dam ridge while stopping at the lookout point to soak up the sights and enjoy the scenery. Lunch will be somewhere along the way today.

We pass the bridge over the dam and cycle for another while before we reach our end destination for today. It's time to hop off the bikes and get some refreshment. Our driver is already waiting for us at the "sticky waterfalls" so we can change into our swimmers before we're cool down in the fresh waterfalls made out of a non-sticky limestone which makes it easy and lots of fun to climb up on. Hike up to the 7 coloured natural spring of the waterfall and and simply enjoy the area before having a short transfer to our hotel.



Overnight – Hotel



*Overnight:
Hotel*



*Meals:
B, L, D*



*Distance:
60km cycle
20 min drive*



*Activities:
Cycling*



DAY 7: MAE NGAT – MAE TANG

After breakfast, we take a short minivan ride to Mae Ngat Dam where we will hop on the long tail boat for a 20-minute boat ride across the lake bringing us to a floating restaurant. Here we will board the kayaks and explore the lakes corners. With a little luck we'll spot some wildlife along the way while paddling and enjoying the surroundings. We head back to the raft restaurant for a delicious lunch before going to the shore again by long tail boat. From there, the bikes will be ready and waiting for us for the next part of our journey.

While cycling through the beautiful nature scenery, have a stop at Wat Ban Den, a stunning temple amidst of the rice fields, famous by locals who travel from far to make merit here. We cycle throughout the afternoon only to reach our hotel just on time for dinner and relaxation. Tuck in early tonight as tomorrow we don't have wheels nor water but just our legs to move us ahead.



Overnight – Mae Tang



Overnight:
Hotel



Meals:
B, L, D



Distance:
Kayaking (2 hrs)
Cycling (45 km)



Activities:
Cycling & Kayaking

DAY 8: MAE TANG – HUAY NAM DUNG

Today we head up into the mountains of Huay Nam Dung. We'll load up on some supplies along the way before starting our trek. We'll start walking through a local hill-tribe village before heading into the natural surroundings. We will cover around 9km by foot today climbing several hills, passing villages and maybe some wildlife along the way. Lunch will be in the jungle. As we keep on trekking, we'll have some stunning views along the way before we reach the final stop of today. A local hill tribe village.

Here we will meet our hosts, help them with cooking or simply have a stroll through the village. Enjoy being in a completely different culture, learning about their life's and the sounds of nature.



Overnight – Huay Nam Dung



Overnight:
Homestay



Meals:
B, L, D



Distance:
Trek (6 hrs)
Drive (1 hr)



Activities:
Trekking

DAY 9: HUAY NAM DUNG – CHIANG MAI

Wake up to the sounds of nature. It's always something special, waking up in a local village high up in the mountains. Enjoy a local breakfast made by your hosts before packing up your bag and start trekking back down. Today the trek will be easier as we ascend down the mountains.

Once down we have a short transfer to the local river where we pop onto a bamboo raft for a leisurely float down the river. Depending on the season, the level of adrenaline will be affected on the rain fallen in the weeks before and it can be from a very leisurely float down to an exhilarating experience.



We'll have lunch somewhere along the way today and after the bamboo we head back to Chiang Mai
Overnight in Chiang Mai



Overnight:
Hotel



Meals:
B,L



Distance:
Trek (1 ½ hrs)
Rafting (2 – 3 hrs)
Drive (1 ½ hrs)



Activities:
Trekking, Rafting

DAY 10: CHIANG MAI - PHUKET – KHAO LAK

Time to say good bye Chiang Mai! **After breakfast**, you will be transferred from your hotel to Chiang Mai airport Airport for your onward flight to Phuket.

Upon arrival at Phuket, you'll be transferred to the hotel, enjoy the leisure day at the beach on your preference

Overnight in Khao Lak



Overnight:
Hotel



Meals:
B,



Distance:
Flight (1 ½ hrs)
Drive (1 ½ hrs)



Activities:
Leisure

DAY 11 - 13: KHAO LAK

Days at leisure



Overnight:
Hotel



Meals:
B,



Distance:
n/a



Activities:
Leisure

DAY 14: TRANSFER TO AIRPORT. END OF SERVICES (B)

Time to say goodbye to Thailand! After breakfast, you will transfer to the airport in time for your flight home.



Overnight:
N/A



Meals:
B



Distance:
Drive (1 ½ hrs)



Activities:
Travel



IMPORTANT INFORMATION

INCLUDED

- Private air-conditioned car for transfers as itinerary.
- Meals in local restaurants as mentioned in the itinerary (B= Breakfast, L= Lunch, D= Dinner).
- 1 English speaking guide for each location (not included Phuket)
- Bike rental (include helmet)
- Quality Activities Gear
- Accommodation as itinerary with daily breakfast.
- Overnight Train ticket – 2nd class sleeper train (can be upgraded)
- Entrance fees.

NOT INCLUDED

- International Flights
- Domestic flight Chiang Mai – Phuket (approx. £275)
- Meals other than mentioned
- Visa fees or landing fees
- international airport tax
- Expenditure of a personal nature
- Drinks
- Personal medical and Travel insurance
- Tips

ACCOMMODATION *at a glance*

Bangkok

W22 Hotel

<https://www.w22hotel.com/>



Kanchanaburi

The River Kwai Jungle Rafts

www.RiverKwaiJungleRafts.com



Pioneer Expeditions

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Kanchanaburi

River Kwai Resotel

www.RiverKwaiJungleRafts.com



Mae Ngat

Baan Phraya Lanna Rimnam

No website

Mae Tang

Baan Rai Lanna

No website

Huay Nam Dung

Homestay

No website

Chiang Mai

Ban Chang Tong

<http://www.banchangtonghotel.com/>



Khao Lak, Phuket

The Leaf Oceanside

<http://www.banchangtonghotel.com/>



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ADDITIONAL INFORMATION

ACTIVITY DURATION	5-7 hours
SEASON	This expedition is open between November and March and July to September.
BEST TIME TO GO	November through May if you want to avoid the rain.
GROUP SIZE	Group sizes of 2 – 8 PAX. Price is based on 4 people travelling, so will cost less for larger groups. If less than 4, supplements apply.
DIFFICULTY LEVEL	Our grades have been designated based on our perception of the degree of physical activity you are likely to require to enjoy the adventure. These are only a guideline. This itinerary has a Difficulty level of 3-7 per day. This means that you will need more than a basic level of fitness and some specific training may be required.

