A Thailand Adventure

Highlights

- ♣ Experience the magnificent temples and palaces in Bangkok
- ♣ Cruise along the Chao Praya River, visit the famous floating markets of Damnoen Saduak, Elephant Nature Park, Chiang Mai night markets, klongs, longtail boat ride
- ↓ Visit to Sukhothai Historical Park, Hellfire Pass Memorial Museum, Bridge or River Kwai, Tham Kra Sae Bridge
- ♣ Spend the night on a river raft (lodge)
- Relax at a beach resort with a four night stay

Itinerary

Day 1 Depart North America

Day 2 Bangkok

Welcome to Bangkok arriving late evening. Upon arrival at Suvarnabhumi Airport, your local tour guide will greet and escort you to your hotel for check in.

Rembrandt Hotel

Day 3 Bangkok

Today you will start with a tour of the city including The Grand Palace. After lunch you continue to Wat Phra Kaew, the Royal Temple of The Emerald Buddha, the most sacred Buddhist temple in Thailand. You will tour the klongs. (canals) At one time Bangkok was crisscrossed by khlongs and earned the name Venice of the East. Tonight you will enjoy a welcome diner and cruise on the Chao Praya River. Rembrandt Hotel (Breakfast and Welcome Dinner Included)

Day 4 Bangkok - Kanchanaburi

After breakfast You start with a visit to the floating markets at Damnoensaduak and enjoy a longtail boat ride. From there You make your way to Kanchanaburi where You will see the Bridge on the River Kwai and the War Cemetery. This afternoon you will enjoy some free. River Kwai Jungle Raft (Breakfast and Dinner Included)

Day 5 May Kanchanaburi - Ayutthaya

You will see Hellfire Pass today and Tham Kra Sae Bridge as You make our way to Ayutthaya, once the trading capital of Asia and even the world. You'll have some time to explore Ayutthaya or try some bowling at the hotel's lanes.

Krung Sri River Hotel (Breakfast Included)

Day 6 Ayutthaya- Phitsanulok

This morning You will take a tour of Ayutthaya, a trip to Lobburi, home to hundreds of macaque monkeys before making our way to Phitsanulok.

Topland Hotel and Convention Centre (Breakfast Included)

Day 7 Phitsanulok - Chiang Mai

After a morning tour of Phitsanulok You will make your way to Sukhothai Historical Park. This covers the ruins of the capital of the Sukhothai kingdom in the 13th and 14th centuries. You will arrive in Chiang Mai in the late afternoon.

Royal Princess Chiang Mai (Breakfast Included)

Day 8 Chiang Mai

Today You visit Sankaem-paeng Hot Springs, Bo Sarng, known as umbella village, and Doi Suthep where you will enjoy impressive views of Chiang Mai. Tonight you will enjoy a traditional Khantoke restaurant dinner and folk dance and hill tribe show.

Royal Princess Chiang Mai (Breakfast and Dinner Included)

Day 9 Chiang Mai

You will spend the day at Elephant Nature Park, a natural home and sanctuary for elephants, buffalo, dogs, cats, birds and many other rescued animals. You have the opportunity to feed, and then bath the elephants in the river.

Royal Princess Chiang Mai (Breakfast and Lunch Included)

Day 10 Chiang Mai – Hua Hin

Enjoy some free time today, do some shopping or try a Thai massage. This evening you will take the overnight train to Bangkok

Sleeper Train (Breakfast Included)

Day 11 Hua Hin

You will be met at the train station in Bangkok and stop at a local restaurant for breakfast. After breakfast You will make your way to our beautiful beach resort where you will spend the next four nights. Relax and enjoy some beach and pool time today or do some exploring on your own.

Imperial Hua Hin Beach Resort (Breakfast Included)

Day 12 Hua Hin

After breakfast You will visit Marukataywan Palace, designed by His Majesty King Rama VI in 1923. You will see Hua Hin Railway Station, Thailand's most beautiful railway station and a collection of preserved old locomotives and carriages. After a visit to Khao Takiab, you'll have the afternoon free.

Imperial Hua Hin Beach Resort (Breakfast Included)

Day 13 Hua Hin

As we come to the last few days of this exciting and diverse tour of Thailand, we thought you might enjoy some free time, so today we leave you to your own devices. You might want to relax in the hotel and enjoy the facilities, or head into the town to explore more of Hua Hin.

Imperial Hua Hin Beach Resort (Breakfast Included)

Baiyoke Sky (space zone) (Breakfast Included)

Day 14 Hua Hin

Today is your last day in Hua Hin and you can enjoy it as you please. In the evening enjoy a farewell dinner at the hotel where you can reflect on the trip.

Imperial Hua Hin Beach Resort (Breakfast and Farewell Dinner)

Day 15 Bangkok

Today you will transfer to Bangkok where you will stay in Thailand's tallest skyscraper. Spend the afternoon and evening shopping and exploring in the garment and shopping district, Pratunam. Take the khalong boat to MBK or enjoy a tuk tuk ride.

Day 16

Depart early morning from Bangkok for your overnight flight to North America.

Extension (Additional \$987 CAD)

Day 1 Bangkok

Today you will get away from the hectic pace of Bangkok and escape to a world unknown to the tourist trail. Spend a day relaxing with a local fisherman and his family, along with your experience guide. Explore a beautiful place full of wildlife, traditional Thai agriculture and view how the locals really live on a daily basis.

The Berkeley Hotel (Breakfast included)

Day 2 Bangkok

Up early today as you will be picked up at 5:00 am for a VIP trip to Tiger Temple. This is a truly once-in-a-lifetime experience that you won't get anywhere else in the world. This is hands on with young tiger cubs and feeding, bathing and walking with the adult tigers. Don't forget your camera this day. After lunch you will return to Bangkok for free time. Berkeley Hotel Pratunam (Breakfast included)

Day 3 Bangkok

This is the last full day and your day to shop, explore or relax, as you wish. Berkeley Hotel Pratunam (Breakfast included)

Day 4 Bangkok - North America

This morning you will be transferred to the airport for your international flight home arriving on the same date as departure.

Price

\$3405.00 (land only) \$3095.00 USD \$855.00 (add for single room) \$775.00 USD

Pricing is an estimate only and is subject to change based on availability and other factors. You can use this tour as the basis for a custom tour if you would like but pricing for custom tours may differ depending on changes made. Please note below what is included and not included below:

Included:

- ✓ All hotel accommodation
- ✓ All meals as per itinerary
- ✓ All sightseeing tours as specified by the itinerary
- ✓ Entrance fees as per the itinerary
- ✓ Private, knowledgeable English speaking guides
- ✓ Private air-conditioned transportation with licensed drivers
- ✓ All hotel and airport transfers

Not included:

- ⊗ Travel insurance
- ⊗ International Flight
- ⊗ Excess baggage charges
- ⊗ Visa fees (if applicable)
- ⊗ Meals and beverages not specified on itinerary
- ⊗ Items of a personal nature such as laundry and gratuities

Map



Bangkok

Hua Hin

Kanchanaburi

Ayutthaya

Phitsanulok

Sukhothai

Chiang Mai

Travel Guide

Kingdom of Thailand (Prathet Thai)

Location: Asia

Status: UN Member Country Capital City: Bangkok (*Krung Thep*)

Main Cities: Chiang Mai, Chon Buri, Phuket

Population: 66,000,000 Area: 513,120 km2 Currency: Baht (THB)

Languages: Thai, Chinese, Malay Religions: Buddhist, Muslim

Calling code: +66
Drive on the left



As one of the most popular tourist destinations in the world, Thailand has something for everyone with its rich culture and exotic adventures. Whether you are there to relax on one of the stunning beaches in the south, trek through the northern jungle, or indulge in sumptuous cuisine in the bustling capital city, the 'Land of Smiles' is the perfect holiday destination.

Best time to go

Anytime is a good time to visit Thailand. The high season is typically November through April when it is a bit dryer and cooler. To avoid the crowds, go from May to October.

General Information

Passport and visa

A passport with at least six months validity from the date of entry is required. Visitors from most countries who arrive in Thailand without a visa will be granted a 30 day stay if they have proof of an onward ticket and adequate funds. Some nationalities will need to pay around 1000 THB for a visa on arrival. A very select few nationalities cannot apply for a visa on arrival. We advise that you contact the Thai embassy or consulate in your country of origins for complete information. For longer stays, a visa should be applied for before departure. You need to enter Thailand within 90 days of the visa being issued, otherwise it will be invalid.

Money

Major credit cards are accepted by hotels and large shops but cash, in the form of the local currency Thai Baht, is the preferred tender elsewhere. Traveller's cheques are not generally accepted outside of hotels, so change them for cash at a bank exchange which you'll find in most tourist spots. ATM's are also widely available and accept most international cards. Several banks have restrictions on ATM card use abroad, thus we advise to verify this with your bank before departure.

Post and telecommunications

The Thai postal service is very reliable and there are also courier services widely available. Calling abroad is easy but expensive. Internet access is available in all major tourist places and you will find WiFi in most cafes in more built up areas.

Transportation

Traffic in Bangkok can be very bad, especially during the rainy season. Using the Metro or Sky Train is by far the fastest and most convenient way to get around. However, these do not cover the entire city. If using a taxi, try to make sure you get one on the meter. Tuk-tuks are another way of getting around. These motorised, three wheel cars tend to be more expensive than meter taxis, and prices are negotiated beforehand.

Motorbike taxis: Travel by motorbike in Thailand is not safe and under no circumstances is this sanctioned or recommended. Please note that travel by motorbike is not usually covered by insurance. Please check the fine print of your travel insurance policy to be sure of your coverage.

Health and Safety

Climate

Thailand has a tropical monsoon climate.

April and May are the hottest months of the year when even the locals complain about the heat.

June sees the beginning of the South West Monsoon, and brings with it the rainy season, which continues intermittently until the end of October.

From November to the end of February, the weather is cooler and less humid.

The North and North-East are generally cooler than Bangkok in the winter and hotter in the summer. In the far north, around Mae Hong Son, temperatures can occasionally drop as low as 20C.

Health and wellbeing

Healthcare in Thailand is some of the best in South East Asia, with most hospitals offering a Western level of service. However, be aware that it can be expensive. Each traveller is responsible for his or her own health. First and foremost, make sure that you have travel insurance for your trip.

Vaccinations

Before travelling to Thailand, please ensure you have adequate protection against disease. Contact your doctor for the latest medical advice on the vaccinations you need, no less than two months before your departure. Be aware that there is malaria risk in rural parts of Thailand.

Travel insurance (compulsory)

We do everything possible to ensure a safe and enjoyable trip. However, travel inevitably involves some risk and this should be recognised by holidaymakers. Travel insurance is a cost effective way of protecting yourself and your equipment should any problems occur such as cancelled trips, delays, medical emergencies, baggage loss or damage. It also gives you peace of mind. Please make sure your travel insurance covers all activities planned on your trip.

Culture & Customs

Etiquette and cultural differences

Experiencing different cultures is one of the joys of travelling, and it is important that these differences are respected. Thailand has cultural norms and taboos which we encourage visitors to understand and abide by.

Try not to get angry. Losing face by shouting or becoming abusive is one of the biggest faux pas in Thailand. It is extremely impolite and unlikely to achieve a positive outcome.

Refrain from public displays of affection, they are considered offensive. It is rare to see couples holding hands. However, it is quite common for friends of the same sex.

It is polite to remove your shoes before entering a house – look for shoes at the front door as a clue.

Thais greet each other with a slight bow and a prayer-like gesture, with the younger or lower-ranked person usually initiating the gesture. For foreigners and business, handshakes are acceptable.

Temple visit etiquette

Foreigners are always welcome in temples. However, it is important that a few simple rules of etiquette are followed:

Dress appropriately and act with the utmost respect when visiting Wats and temples.

Do not wear shorts or tank tops and make sure your shoulders and knees are covered.

Remove your shoes and hat before going into a monastery.

If you sit down in front of the dais (the platform on which the Buddha's are placed), sit with your feet to the side rather than in the lotus position.

Never point your finger or the soles of your feet towards a person or a figure of the Buddha.

A woman may accept something from a monk but should never touch a monk.

Show Respect and turn off mobile phones, remove headphones, lower your voice and avoid inappropriate conversation.

Food and drink

Thailand's cuisine is regarded by many people as some of the best in the world. Rich with citrus, coriander and liberal helpings of fresh chillies, the food has a characteristic tang that many fall in love with. Like all other Buddhist countries, vegetarian food is available in most restaurants. Here are some popular dishes:

Tom Yum Goong (spicy shrimp soup)
Pad Thai (Thai style fried noodles)
Som Tum (spicy green papaya salad)
Khao Pad (fried rice)
GaengKeow Wan Kai (chicken green curry)

KhaoNiaoMamuang (sticky rice in coconut milk, served with mango)

Water

It is not advisable to drink tap water in Thailand. Bottled water is recommended but do check the expiry date before opening. Ice is widely used and is produced with treated water.

Public holidays

There are many public holidays in Thailand. The main one is the Thai New Year called Songkran. Songkran is celebrated all over the country, with its highlight in Chiang Mai where celebrations go on for over a week. Many Thai people travel back to their hometowns to visit local temples during this time. Be aware that this can make transportation more difficult. The most notable way of celebrating Songkran is by splashing water on each other. Large water fights break out across the country and innocent bystanders are favoured targets. Store your valuables and electronics carefully!

Helpful tips

Donations and gift giving

Although there is poverty in certain areas of Thailand, please read the following points about donations and gift giving.

Do not give money to people begging, especially children. This reinforces the belief that begging is an acceptable way to make a living. If children make money from begging, their parents are less likely to send them to school. Children working on the streets are also vulnerable to abuse. Giving money and goods to beggars can accentuate an unequal relationship between locals and visitors, with tourists being seen as purely money givers.

Do not give sweets to children in villages that we visit.

Do not feel that you necessarily have to give material things. Sometimes, giving your friendship, time and interest to locals can be the best gift of all.

Tipping

Tipping is a personal matter and travellers are encouraged to tip any amount they feel is appropriate. For your convenience, we have included a suggested tipping guide below:

Bellboy: 10-20 baht per suitcase / bag Chambermaid: 20 – 40 baht per day

Guides: 100 – 150 baht per day for guides (depending on group size and performance)

Drivers: 100 per day, per person

Restaurants: in smart establishments you may find that the tip is already included in the bill. In local restaurants tips are not expected but you may wish to leave loose change on the table.

Price guide

Generally, things are cheap in Thailand. However as a tourist you will get overcharged if you are not careful. Haggling is considered a sport when it comes to non-food products. Always stay calm and polite and you'll be surprised at the discounts you may get. Be aware that many items for sale on street stands are counterfeit.

Street food

Phad Thai: THB 25 –50 Rice dish: THB 30 – 60

Restaurants

Western dishes: from THB 150 Thai dishes: from THB 80

Drinks

Soft drinks THB 10 – 20 Beer: THB 50 – 70 Fruit juice: THB 20 - 30 Water: THB 10 - 15

Other Items

DVDs (real): THB 100 - 200

SIM card: THB 100

Mobile phone: from THB 1000

Pre-departure checklist

Travel insurance

Passport with at least six months validity from date of entry

Photocopy of passport

Visa or visa on arrival

Vaccinations

ATM cards/travellers cheques

All relevant tickets Reconfirmed

flights Lightweight clothing

Long-sleeved shirts and trousers (recommended for evenings)

Electrical adaptor: 220V, 50Hz; 2 pin plugs

A small bag/backpack for day and overnight trips

Appropriate shoes for trekking, cycling and walking

Insect repellent

Sunscreen

Medication/first aid kit

Please note: Domestic airlines impose restrictions on baggage at approx 20kg maximum, so travel lightly where possible. Also be aware that train and boat cabins have limited space.



VANCOUVER: 7290 Main Street, Vancouver, B.C. V5X 3J4

Tel: 604-324-3336 • Fax: 604-324-1590

Toll Free: 1-800-663-6696

www.gabatravel.com • E-mail: tours@gabatravel.com

Presented By:



To Book Contact Us At tours@gabatravel.com



#28-31940 South Fraser Way Abbotsford, B.C. V2T 1V6 **Tel: 604-855-4888**

SURREY

#101-12830-80th Ave. Surrey, B.C. V3W 3A8 **Tel: 604-507-4477**

Toll Free: 1-800-661-5531

MISSISSAUGA

#10-7071-Airport Rd. Mississauga, Ont., L4T 4J3 **Tel: 905-673-3336**