

South East Asia Ethical Adventure Trail - 4 weeks Thailand

Travel with us to ancient Thailand, land of unimaginable beauty, on an adventure that will take you from night bazaars to picture perfect vistas.

Travel with us to the ancient Kingdom of Thailand in Southeast Asia, famously popular destinations for gap year travellers and it isn't hard to see why.

The countries provide a world of unimaginable beauty offering the perfect setting for an adventure that will take you everywhere – from buzzing night bazaars full of jewel-bright lanterns, to pearl-white sand beaches and picture perfect vistas; from dazzling temples to formidable sunken Buddha statues hidden by a riot of rainforest vegetation; from refreshing waterfalls in breathtaking landscapes, to the remains on an ancient citadel.

This adventure trail takes in the best sites in Thailand, and will lead you to the highlights of these unmissable destinations. Who could resist swimming in crystalline waters off perfect white sand beaches and exploring lush green rainforest where leopard cats, elephants and other exotic creatures lurk?

Soak up the intense historical ambience in the venerated temples throughout these ancient empires and be awe-struck by the majesty of Angkor Wat in Cambodia; then spend your nights in the vibrant whirlwind of the bars and nightclubs of the cosmopolitan and exotic cities you visit en route, as you enjoy the company of your travel companions and new friends. You will enjoy the exhilaration of travelling in a new and exciting culture.

What is so fantastic about this journey is that whilst travelling you will benefit from the leadership of a young, friendly, fun but also sensible and well-travelled guide who will take care of all the stress and organisation on the trip, whether it be recovering lost luggage, arranging bus tickets, booking hostels or extra activities, dealing with emergencies or even knowing the best places to go for a great night out in Bangkok! If you want to experience the beauty and adventure of Southeast Asia, travelling along with a young and friendly group of companions, without the hassle, then joining this Frontier Adventure Trail is the perfect solution!

PROJECT HIGHLIGHTS

- Make lifelong friendships
- Become an intrepid explorer in this wondrous corner of the world
- Discover a wealth of culture & wildlife

FAST FACTS

Location	Thailand
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Activities	Visiting city hotspots Sightseeing tours Jungle Trekking
Transport	Pick-up from the airport Transport throughout the trail
Accommodation	Varies

WHAT WILL I BE DOING?

Sample Itinerary

Your adventure will begin as you fly into Bangkok and are escorted to a guest house in central Bangkok where you will have the opportunity to acclimatise. You will receive important briefing and orientation, giving you essential information about the adventure ahead of you.

Thailand

Day 1: Bangkok

Acclimatise and settle in to your guest house just off Khao San Road where you meet the rest of the group before heading off to explore the local area. Groups can range in size from 2 - 12 participants or more.

Day 2-3: Bangkok

You will receive a trail briefing and health and safety awareness information from your trail leader and then the real adventure begins. Visit the phenomenal Grand Palace and temple of the Emerald Buddha which have fascinated locals and foreigners for centuries. These intricately and exquisitely carved monuments, erected in honour of Thailand's ancient kings, are a perfect example of the staggering architecture found in this part of the world, and are a perfect start to your Thai adventure. Then you will visit the glorious reclining Buddha at Wat Pho, a sacred emblem of Thailand's Buddhist heritage. Other sightseeing highlights at this stage in Bangkok include Wat Arun and the optional extra activity of a river canal tour (\$10).

Day 4-5: Chiang Mai

Visit this beautiful city in northern Thailand and explore the local temple of Wat Chedi Luang and take part in Monk Chat where you will get the opportunity to talk to the local monks and learn more about Buddhism and life at a Thai monastery.

The jungle trek will take place either in Chiang Mai or Pai.

Experience walking with and bathing elephants, water rafting and bamboo rafting on a jungle trek in a remote hill village. Try out your bating skills in the atmospheric and authentic night bazaar of Chiang Mai and pick up some bargain souvenirs. Optional extras available at this stage of the trip include zip wiring , Thai massage at the local women's prison or watching Muay Thai Boxing.

Day 6-10: Pai

Continue travelling North and visit Pai in northern Thailand where the pace of life slows to a crawl and accommodation is bamboo huts strung out along the river or wooded hillsides. Take the opportunity to enjoy the thrill of river tubing. Trek through the beautiful rolling hillsides or appreciate the slower pace of life by travelling through the area by bicycle journeying further afield to explore the surrounding area from hot springs and waterfalls to the Pai Canyon. Additional options include traditional Thai cooking classes or a circus school visit.

Day 11-12: Chiang Mai to Bangkok;

Travel back down through Chiang Mai and stop off to take in the exquisite sunrise or sunset over Chiang Mai from Wat Phra That Doi Suthep. Enjoy one last night out in Chiang Mai at the famous Rooftop Bar before travelling back to Bangkok for the next leg of the journey.

Day 13-15: Kanchanaburi

This Thai province is a true Aladdin's cave of natural and historical treasures, magnificent landscapes, including some of Asia's most dramatic waterfalls, expansive pagodas and informative museums where you can find out more about the region's complex history. Explore this unique part of Thailand and visit Erawan National Park where the trees are filled with jumping monkeys, Wat Tham Sua and Wat Tham Khao Noi by bicycle, the perfect way to appreciate the grandiose splendour of these miraculous temples. Learn about the important and culturally rich history of Thailand at the JEATH museum and War Cemetery and explore the area surrounding the bridge over the River Kwai. Optional extras include a visit to a floating market with shopping opportunities in the surrounding area.

Day 16-25: Island hopping!

Visit two of the exotic islands of Koh Tao, Koh Phi Phi or Koh Chang and spend some time relaxing on the tropical beaches and actively exploring with Kayaking and snorkelling through the pristine blue waters. Some of you may wish to take a dive course (about \$250 depending on course and kit hire), others may prefer the option of visiting Maya Bay (\$20) and some will want simply to chill.

Day 26-28: Return to Bangkok and fly home!

Return to Bangkok to do some more last minute shopping and prepare for your onward journey.

****This itinerary is very flexible and subject to change. It is intended as a guide. You and your fellow travellers will change the itinerary according to your interests and depending on how you are progressing.****

WHAT HAPPENS WHEN I ARRIVE?

You will be greeted at Bangkok Airport by your trail leader and escorted to a local hostel where you will spend your first night. If you are arriving before the project start date you will meet at an agreed rendezvous point. You will have time in Bangkok to explore the many ancient attractions it has to offer, which have fascinated locals and foreigners for centuries. From there you will soon set off to the next destination on your exciting adventure, so be prepared to throw yourself into the experience the minute you arrive!

WHERE WILL I BE STAYING?

During the trail you will stay in basic accommodation such as hostels, sleeping in mixed sex communal dorms or shared rooms, or homestays which are full of character and local charm to give you a real feel for the countries you are staying in.

COSTS

4 weeks	US\$ 1,895
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AIRPORT INFORMATION

Nearest airport(s): Bangkok (BKK)

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.