



Thailand
Trekking & Rafting Adventure

PIONEER EXPEDITIONS



DO SOMETHING EXTRAORDINARY...

ITINERARY

Thailand • Trekking & Rafting Adventure

14 DAYS • 13 NIGHTS

Bangkok – Saiyok – Chiang Mai – Mae Ngat Dam – Pai – Mae Hong Song

HIGHLIGHTS

- Experience a Thai Street Food tour as well as the 'lungs of Bangkok' cycle tour.
- Kayak down the Kwai Noi River.
- White water rafting
- Trekking in the Mae Hong Song Region and explore the local areas.

TOUR ESSENTIALS

Tour Style	Trekking & Rafting Expedition
Tour Start	Bangkok
Tour End	Mae Hong Song
Accommodation	Hotel, Raft House, Guesthouse, Local V
Included meals	12 Breakfasts, 9 Lunches, 8 Dinners
Difficulty Level	Difficult (5-7hrs per day)

THAILAND MULTISPORT ADVENTURE



Remote, wild, and some of the last true jungles in Thailand will be the home of this trekking expedition. A true adventure in Thailand! Experience city life, wonderful cuisine and beautiful sites as well as being an adventurer and kayaking the Kwai Noi River in addition to taking part in rafting and trekking activities.

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!

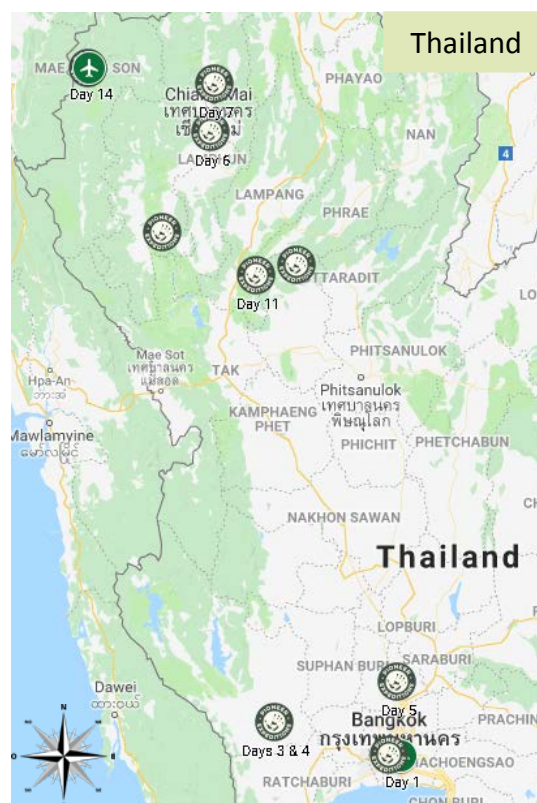
You will get the opportunity to see several historic sites and ride on the death railway. You will visit museums as well as taking a tour of some of the greatest Thai temples. You will kayak on the river Kwai Noi and trek through the jungle. This trip offers you the perfect balance of discovering nature 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. If you desire to extend your stay and relax, we would gladly organise some beach days for you. 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 get a private transfer with your guide from Bangkok Airport to your hotel. Check into your rooms and enjoy the rest of the day at leisure.

Note: Your guide will be wearing a blue polo shirt and will be carrying a sign so you will easily be able to identify them.

Overnight Hotel – Furama Silom Bangkok (Deluxe)



Overnight:
Hotel



Meals:
Nil



Distance:



Activities:
Travel

DAY 2: BANGKOK STREET FOOD TOUR, OR BANGKOK JUNGLE CYCLING TOUR

Bangkok Street Food Tour:

Your guide will pick you up at your hotel in the morning. By local transport we will drive near to the Saphan Taksin Bridge where the walking part of the tour starts taking you on a travel back in time through Bangkok's rich history. Stroll through Bangkok's vibrant soi, or side streets, and explore the local market. Uncover the charming secrets of local life at such wonders as the Bangkok's Folks Museum, Library of Love, the Ginger Bread monk quarter - hidden in this multi-cultural historic area and the most sacred Indian temple in Bangkok. Along the route, enliven your taste buds with bites of treats and snacks that have been around Bangkok for decades, if not longer. Taste herbal drinks, roast duck and more as you meander through the beautiful city streets. You will return by Tuk Tuk around noon.



Bangkok Jungle Cycle Tour:

Enjoy an early morning breakfast before transferring at 8am to join this must do bicycle tour in Bangkok, showing you some of the biggest contrasts of the city. You will explore green oasis, twisted water canals, traditional local life, markets and a lovely peninsula named, Bang Krajao - Also known as "The Lung of Bangkok". This charming green tour of Bangkok starts with some easy and relaxed biking through the city and go to the nearby Benjakiti Park, where we follow the trails that bring us comfortably around the beautiful green esplanade. Further on the tour we visit the local market in Khlong Toei, displaying some amazing things, being the biggest fresh market in Thailand. At the river pier, we board our boat to make the river crossing on the Chaya Praya River, over to green side of Bangkok, Bang Krajao- Here you have, by far the most perfect area to do enjoyable cycling in Bangkok.



Overnight Hotel – Glow Trinity Silom/Supperior



Overnight:
Hotel



Meals:
B



Distance:



Activities:
Foodie or Cycle tour



DAY 3: TRANSFER TO KANCHANABURI. VISIT THAI/BURMA MUSEUM AND CEMETARY

Begin with a morning expedition to Thailand - Burma Railway Centre. 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. Then we will take a trip to the War Cemetery, to pay respect to the remains of 6,982 Allied prisoners of the World War II who died during the construction of the Death Railway.

After that we head to the iconic bridge over the River Kwai, one of the most important historical landmarks and memorials.

After lunch, board on the train through the Death Railway, and be able to experience the incredible scenery for yourself. Visit Hellfire Pass Memorial & Museum in Chong Khao Kad and spot where the railway needed to cut through the mountain. This was an impossible task but the POWs (Prisoners of War) and labors were forced to use hand drills, picks and shovels to carve the rock so that a train could pass.

Check in at hotel, enjoy your free evening and dinner.



Overnight– *River Kwai Jungle Chalet*



Overnight:
Raft room



Meals:
B, L, D

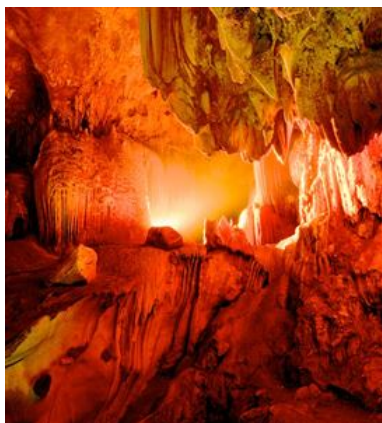


Distance:



Activities:
History

DAY 4: KANCHANABURI – CANOEING AND LAWA CAVE



Start your day with breakfast at River Kwai Jungle Raft, before undergoing a morning of canoeing. These flat bottom boats are very stable, making them very safe and worry free for kids. As you paddle down the Khwae Noi River you will be able to take in the lush tropical forests on both sides of the river. And if you are up for the challenge, why not try paddling upstream against the current!

The canoe journey will take around 40 minutes, depending on your speed. We will stop at the River Kwai Jungle Raft for lunch.

We will spend the afternoon exploring Kanchanaburi's largest and most famous cave, Lawa Cave. This is located in Saiyok National Park and due to the enormous size of the cave it has not been fully explored yet. Lawa cave has been beautifully shaped by nature, with stalactites and stalagmites in many unique formations, as well as including many spacious chambers. You will also get the chance to witness the Khun

Kitti Bat (also known as the Bumblebee Bat). This is the world's smallest bat and lives in the Lawa Cave.

After exploring the Lawa Cave, we head back to the water and paddle back to the Kwai Jungle Raft where we will enjoy dinner.

Overnight– *River Kwai Jungle chalet*



Overnight:
Raft room



Meals:
B, L, D



Distance:



Activities:
Canoeing and Exploring

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. On the way we will stop off at the majestic 'Bang-Pa-In'- a gorgeous palace formerly frequented by King Rama IV during the steamy summer months. The waterside complex takes inspiration from Tai, Chinese and gothic design, shown by the intricately-carved camel bone dragon and the bright red water tower overlooking the lake.



Head further north to Ayutthaya and explore the ancient temple ruins and crumbling pagodas that used to form Thailand's largest and most important settlement.

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



Distance:



Activities:
History and Culture



DAY 6: CHIANG MAI TOUR and CULINARY EXPERIENCE

Upon arrival at CNX train station you will be met by your guide who will escort you to your hotel in Chiang Mai.

Chiang Mai is one of the largest cities in Thailand and the cultural and business centre of northern Thailand, is overflowing with ancient Buddhist Temples, each with their own unique design and history. On this half-day tour, you will visit four of the most iconic temples as well as a mountain top temple, while driving past city markets, residential areas and Chiang Mai's main street.

Note: Pick up is at 8:30am

You will be picked up from your hotel at 08:30am and transfer to your first destination; Wat Phrathat Doi Suthep. This is a must-see temple and one of the most respected amongst all Thai's. The temple is located at the top of a mountain, so either challenge yourself and walk up the 300 steps of the intricately-carved mythical Naga Serpent Staircase, or take a cable car to the top for an incredible view over the stunning architecture, statues, murals, and shrines of the city and surrounding areas.

After you descend the mountain, drive through the city to start your temple hopping journey. First up is Wat Chedi Luang, a Lanna-style chedi that was once one of the tallest structures in ancient Chiang Mai. Next up is the Wat Phra Singh, also known as the Temple of the Lion Buddha. Here you can view a collection of classic Lanna art and explore an old library. Finally, journey to Wat Suan Dok where you can wander around the gardens including the Flower Garden Temple, where you can check out a 500 year old bronze Buddha statue, one of the largest in Thailand.



Get a taste of northern Thailand's unique flavour on an evening journey discovering a blend of culture and culinary.

Under a blanket of stars, head out into Chiang Mai's culinary heart, stopping first at a collection of food stalls frequented by hungry locals after the sun sets. Make sure to sample some of the locals' favourites here- Thai curry fish cake, sticky rice with pork and crispy fried munch! After getting your fill, follow your guide into a small nearby alley leading to a sleepier residential area, and pick up a refreshing fruit shake along the way.

Wander further on until arriving at Wat Chedi Luang, a 15th Century stupa that looks its most mysterious and beautiful in the moonlight. Sample some famous Thai noodles here before heading onto another of Chiang Mai's most famous food streets, this time for a taste of pork skewers, pork leg with rice and coconut desserts. Afterwards, hop on board a local truck and zip off to a hidden bar that's well-known with local night owls. Wrap up your culinary journey with a refreshing drink and chat with your guide.

Note: Culinary tour pick up will be between 6pm and 6:30pm

Overnight – Amora Hotel Chiang Mai (Superior Grand)



Overnight:
Hotel



Meals:
D



Distance:



Activities:
Culture and culinary



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DAY 7: CHIANG MAI- MAE NGAT



Get active and join us for an exciting day of cycling and kayaking in and around spectacular Sri Lanna National Park, located only an hour's drive from Chiang Mai.

After an early morning pick up, we transfer to our cycle start at Buatong Waterfall. After a walk up the waterfall we begin our ride at a steady pace so you can get used to your bike on quite country roads. We first cycle through a teak forest and then through paddy fields, fruit orchards with backdrops of stunning mountains. Once we near Sri Lanna National Park

we'll cycle across the impressive dam of the reservoir. Sri Lanna is comprised of valleys and mountains, with endless streams that feed the 20 km long Mae Ngad reservoir which in turn feeds the Mae Ping River. We'll cycle approximately 20 km and finish at the reservoir where we take off our bike helmets and put on our life vests.

A long-tail boat whisks us across the lake to a floating restaurant for a lunch of Thai specialities. After a filling lunch we launch our kayaks for the next phase of our adventure. We'll spend the rest of the day paddling around Buffalo Island, which is named after the primary residents, before kayaking back to the bungalow to have a swim and enjoy the evening.

Overnight – Mountain Float/Bungalow or something similar



Overnight:
Raft room



Meals:
B, L, D



Distance:



Activities:
Cycling and Kayaking

DAY 8: MAE NGAT – PAI

After a delicious breakfast we take the boat back to the shore and get back on the bike. We ride through a beautiful countryside following the Ping river downstream until will finally end up in Mae Rim. After the cycling tour we transfer to our next destination, Pai, by private van (approx 3 hours). Upon arrival in Pai, we will check into the hotel and have the rest of the day at leisure.



Overnight – The Quarter Pai (Deluxe Room)



Overnight:
Hotel



Meals:
B, L, D



Distance:



Activities:
Cycling

DAY 9: PAI



After a relaxing morning, we venture out for some sight-seeing. First we will visit the Tha Pai Hot Springs which is located in the Huai Nam Dang National Park, before moving on to visit the Pai Memorial Bridge. This is a memorial bridge for World War II that only carries pedestrians and runs alongside a concrete road bridge. Our final destination is the Pai Canyon. This canyon is a scenic canyon with narrow, ledgy hiking trails that offer sweeping valley views.

In the afternoon we will drive back to the hotel for a refreshing shower and a free evening of leisure.

Overnight- The Quarter Pai (Deluxe Room)



Overnight:
Hotel



Meals:
B



Distance:



Activities:
Sightseeing



DAY 10: PAI – MAE HONG SON



After breakfast, continue towards Soppong. The area boasts limestone caves that are said to be some of the largest in Southeast Asia. Follow a series of walkways and cross small creeks by bamboo raft to reach the cavern. In the darkness of the cavern, listen to and smell the bats buzzing overhead. After the cave experience, enjoy lunch at a local restaurant before continuing by car to Tham Pla, a splendid natural area whose focal point is a cave with creeks flowing out of it that are filled with unusually large fish. After checking out this unique area, continue to Mae Hong Son. Upon arrival, drive around the central lake to visit Burmese-style temples Wat Chong Klang and Wat Chong Kham.

Overnight Fern Resort (Deluxe room)



Overnight:
Hotel



Meals:
B, L



Distance:



Activities:
Sightseeing

DAY 11: MAE HONG SONG HILLTRIBE TREK

At 0900am you will be collected and go on a short drive to the beginning of the trek. We start walking along a local hill tribe trail. It's a very narrow and rough trail, leading down to the Mae Hong Son creek. We hike through the creek, deep gorges, ravine, and forest. We walk through water several times and there are many rivers to cross. You are going to get your feet wet, but it will be a lovely experience and an achievement.

Enjoy a picnic lunch on the river side.

In the afternoon, continue hiking through luxuries evergreen jungle.

See massive climbing lianas, green bamboo stems, rattan palms, creeping plants such as Philodendron and Vanilla, and undergrowth plants, such as; Wild Gingers, Ferns, Begonias, Arrowroot, Arum etc. Ascending to Karen farmland, we see slash-and-burn rice fields as well as passing through terraced paddy fields. Arrive in Ban Hua Nam for a home stay with a Karen family. Learn about their culture. Guide and porters prepared delicious Thai meals. Enjoy dinner by candlelight.

Overnight- Black Lahu/Very Basic Homestay



Overnight:
Hotel



Meals:
B, L, D



Distance:

Activities:
Hiking

DAY 12: MAE HONG SONG HILLTRIBE

When you wake up in the morning, pigs are running around under the house and people are setting off to work in the fields. Breakfast will be a selection of pancakes, fruit salad, eggs and fresh juice, as well as tea and coffee. Before leaving we take a walk around the village, visit the primary school, and then start the hike again.

On the trail you will be able to hear gibbon's song from far off on the hill side or you may see them swinging from tree to tree. You will also see a huge range of birds as well. We pass a small village on the way, where we stop for a coffee break. Lunch in the forest you get your food wrapped in banana leaves. This time it's fried noodles. We make bamboo chopsticks and a bamboo cup. You can take it along with you, to use again or to take home as a souvenir. In the afternoon we climb a bigger mountain with a beautiful view. Arrive in Ban Huai Po, a village settled on high elevation in evergreen forest. Enjoy dinner and stay overnight in the village. You can see the people's simple way of life, under the starry night sky. Get a good night's rest.

Overnight – Homestay/Basic Village Hut



Overnight:
Homestay



Meals:
B, L, D



Distance:



Activities:
Hiking

DAY 13: FINISH 3 DAY 2 NIGHT TREK, TRANSFER TO MAE HONG SONG HOTEL



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After breakfast, we start the 1 hour climb to the mountain top, walking along a ridge. Your guide is very familiar with the mountain and will be able to point out things that you might otherwise miss. You will see a huge diversity of flora and fauna in the seasonal forest of Thailand. On the highlands you will see mountain Cycad trees, palms, pines, oaks and chestnuts, members of the Erica family, wild orchids etc. We eat lunch on a place with a panoramic view. You can sit on the ground, and a plastic sheet will be provided for you to sit on. We climb down to Nam Hu creek. At the bottom of the hill we hike through the creek-time to cool down your feet! You can sop to swim in the river. We finish out trek and the car takes us back to town.

Overnight – Fern Resort/Deluxe



Overnight:
Resort



Meals:
B, L, D



Distance:

Activities:
Trekking

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

Time to say goodbye to Thailand!

After breakfast, your airport transfer will pick you up and drive you to Mae Hong Son airport for your onward flight



Overnight:
N/A



Meals:
B



Distance:

Activities:
Travel

IMPORTANT INFORMATION

INCLUDED

- 🕒 All sightseeing tours and transfer services as detailed in our itinerary
- 🕒 Entrance fees.
- 🕒 Hotel accommodation as specified.
- 🕒 English speaking local guide.
- 🕒 Meals as specified
- 🕒 Local insurance

NOT INCLUDED

- Meals other than mentioned
- Visa fees or landing fees
- All international airport tax
- Expenditure of a personal nature
- Meals and drink that are not mentioned in the itinerary
- Personal medical and Travel insurance
- Tip of local crew, local guide or hotel porters.



ACCOMMODATION *at a glance*

Bangkok

Furama Silom

www.furama.com/silom



Kanchanaburi

The River Kwai Jungle Rafts

www.RiverKwaiJungleRafts.com



Chiang Mai

Amora Hotel

www.amorahotels.com/chiangmai



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 – 6 PAX. Price is based on 4 people travelling, so will cost less for larger groups. If less than 4, supplements apply.
EXPEDITION SCHEDULE	Tailormade to suit your dates between November and March and July and September. Small group expedition on 1 st September 2015
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 5-7 per day. This means that you will need more than a basic level of fitness and some specific training may be required.

