



Thailand
Trekking & Rafting Adventure

PIONEER EXPEDITIONS



Itinerary

Thailand • Trekking & Rafting Adventure

14 Days • 13 Nights

Bangkok – Saiyok – Chiang Mai – Mae Ngat Dam – Pai – Mai 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 Village, Lodge & Camp
Included Meals	13 Breakfasts, 10 Lunches, 7 Dinners
Difficulty Level	Difficult

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 as well as taking part in rafting and trekking.

Overview

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 riding on the death railway. You will visit museums as well as taking a tour of some of the greatest Thai temples. Your adventuring after the bike tour begins with Kayaking the Kwai Noi river and you will also experience rafting and trekking. This trip really balances discovering nature and city sites with being active and adventurous. On top of this, you will get to stay in some very unique locations, for example a floating raft and an overnight train. This really is a trip not to be missed.

Itinerary

DAY 1: ARRIVE BANGKOK

Arrive BKK airport and transfer to hotel

Overnight Hotel – Glow Trinity Silom/Superior

DAY 2: AM: STREET FOOD TOUR, PM: 'LUNGS OF BANGKOK' CYCLING TOUR (B,L)

Experiencing first hand how the average Bangkokian eats and travels, we start the morning by taking the BTS sky train system to Saphan Taksin, from here we begin a (JOIN) walking street food tour of the streets of Bangkok's historic Bangrak district. Enjoy samples of real Thai food and after short walk, explore a 200 year old Thai temple. Arrive at several other tasting locations whilst walking through Bangkok's historic landmarks. Explore the unique and oldest Hindu temple in Thailand, where most local entrepreneurs have often visited.

After our food tour we take a short transfer to a local clubhouse, from where we will begin our exciting cycle ride through 'the green lungs of Bangkok' We'll take tours and we'll travel to the ancient Chao Phraya River, Crossing to Wat Bangkachao by a long tail boat. We stop at Phra Pradeang to give you the opportunity to feed the giant Carp and enjoy a refreshing break. We'll wind our way back to the river and cross again on long tail boats to complete our tour with a glimpse of village and cultural life as we cycle through Kusoltong Village and back to the Club House. This tour is on a JOIN basis and is only suitable for those with previous cycling experience.

After our exciting cycling tour we take a short stroll back to our hotel. Rest of day at leisure

Overnight Hotel – Glow Trinity Silom/Supperior

DAY 3: TRANSFER TO KANCHANABURI. VISIT THAI/BURMA MUSEUM AND CEMETARY (B,D)

Today you'll get the opportunity to ride on the death railway. Visit Hellfire pass memorial museum. Early AM depart Ayutthaya and transfer to Kanchanaburi. Upon arrival we will visit the Thai Burma museum. The Thailand-Burma Railway Centre is an interactive museum and has even been popularized in films! After this, we will visit the Kanchanaburi Allied War Cemetery and following this, transfer to the famous bridge over the River Kwai. We'll then board the death railway train where we ride through jungle and river scenes!

Next is the hellfire pass museum which is dedicated to those Australians and other Allied Prisoners of War and Asian labourers who suffered and died at Hellfire Pass and elsewhere in the Asia Pacific region during WW2.

After visiting the museum, take a short transfer to our nearby floating hotel.

Overnight – River Kwai Jungle View/Floating Raft

DAY 4: BEGIN 2 DAY 1 NIGHT KAYAK TRIP DOWN KWAI NOI RIVER (B,L,D)

This morning we depart from our riverside hotel to begin our 2 day kayak expedition down the beautiful and historic Kwai Noi River. After leaving from our hotel in the morning you will pass through stunning river scenery. There is a lot of bird life to be seen on the river including the Drongo, Kingfisher, Horn Bills, Bee eaters and Black Kites. You may also see some monitor lizards and if lucky some wild elephants.

You will be kayaking through some nice jungle and past some nice limestone cliffs and caves. The river is gentle, meandering and almost never used by other people so do not expect to bump into else, save a few local fishermen.



We will stop en route today at Lawa cave where there will be time to visit the fascinating Lawa cave, a 500m-long cave with five large caverns and imposing stalactites and stalagmites. Finish kayaking today at around 15.30 (arrival time is dependant on on the speed of the river flow) upon arrival at our floating Raft accommodation located close to Sai Yok Noi.

Overnight – Boutique Raft Resort/Floating Raft

DAY 5: FINISH 2 DAY 1 NIGHT KAYAK TRIP. TRANSFER TO AYUTTHAYA – OVERNIGHT TRAIN TO CNX (B,L)

We take an early breakfast before returning to our kayaks to continue our peaceful journey down the Kwai Noi river. Today our journey continues to take us past pretty limestone cliffs, dense jungle and undisturbed nature.

We arrive at our final destination, Tham Krasae viaduct at around midday and enjoy a very unique vantage point of this historical and beautiful bridge. If we are lucky our arrival may coincide with a train passing crossing the viaduct.

After a leisurely lunch at Tham Krasae (price not included) we depart Kanchanaburi and head towards Ayutthaya (3 hours) from where we will take the overnight train to the Northern Thailand city of Chiang Mai. If there is time we can stop at some of the main historical sights in the ancient city of Ayutthaya (clients to pay any entrance fee's direct).

Overnight – Overnight Train/1st Class to Chiang Mai

DAY 6: ARRIVE CNX. TRADITIONAL THAI BREAKFAST. DOI SUTHEP AND CITY TEMPLE TOUR. EVENING MARKET FOOD TOUR (B,D)

Upon arrival at CNX train station you will be met by your guide who will escort you to some nearby restaurants where you will enjoy breakfast Thai style!

After breakfast we depart to begin our tour of Chiang Mai's temples. Today's tour will take us on a fascinating tour through Lanna Thai history as we explore 4 of the most important temples - Wat Chedi Luang, Wat Phra Singha, Wat Suan Dok and finally Chiang Mai's most revered temple, Doi Suthep. In the afternoon there will be free time to relax at your hotel.

This evening we will travel a Night Market using an exciting local form of transport know as a songthaew. Introduction to local ingredients and dishes and try local specialties such as Chiang Mai Sausage, Nam Prik Noom (savoury and sour



chilli dip), Sai Grob (fried pork skin) and Khao Soy (Rich and creamy noodle soup curry. Free time for shopping and exploration before returning to the hotel.

After cycling tour we transfer to our next destination Pai by private van (approx 3 hours).

Overnight – Imperial Mae Ping/Superior

DAY 7: BEGIN 2 DAY 1 NIGHT PADDIES AND LAKES MOUNTAIN BIKE TRIP (B,L)

This morning transfer to a small village outside Chiang Mai where our bikes are waiting for us. We cycle through villages where time seems to be standing still. We stop at a local school and see the farmers working in rice paddies. Then the trail seemingly descends into a lake before popping out again on the other side. In 1989 the government decided to submerge this formerly populated valley in order to create a water supply for the entire Doi Saket valley. We put our bikes on a boat that takes us to the other side, floating above the sunken villages. At the other side we find ourselves in a forested area. Time for a picnic lunch.

Cycling through a rolling landscape we reach the Mae Ngat Dam at the end of the afternoon where we take a long tail boat which takes us in half an hour to the center of the giant lake. We will overnight on floating bungalows. You can spend the evening relaxing, swimming, canoeing or fishing. Distance today 50 kilometers.

Overnight – Floating Raft Hotel/Floating Bungalow

DAY 8: FINISH 2 DAY 1 NIGHT PADDIES AND LAKES MOUNTAIN BIKE TRIP. TRANSFER TO PAI (B,L)

After a delicious breakfast we take the boat back to the shore and get back on the bike. We ride through a beautiful countryside towards Mae Taeng where we have lunch. After lunch we follow the Ping river downstream until will finally end up in Mae Rim. For the last stretch, we load our bikes onto the car and drive back to Chiang Mai. Distance today 45 kilometers in the nature reserve from low land to high land. After cycling tour we transfer to our next destination Pai by private van (approx 3 hours) Upon arrival check into hotel and day at leisure.



Overnight – The Quarter/Premier

DAY 9: BEGIN 2 DAY 1 NIGHT WHITE WATER RAFTING AND CAPING ADVENTURE ON PAI RIVER (B,L,D)

Situated in the foothills of the Himalayas, the Pai river, thanks to an excellent compromise between wilderness, challenge and safety, offers one of the best rafting expedition locations in the world.

We start from Pai – the middle section of the Pai river stretches over 60km of rocky landscape and non accessible jungle forest offering fun through as many as 60 rapids up to class 4! You will also discover hot springs, swim in gorges, shower under waterfalls, surprise colorful birds and other wild animals in their environment. During your adventure, you'll as well as enjoying the rapids experience waterfalls and water games. After meandering through the jungle, you'll stop off at your camp. Later, a delicious Thai dinner cooked by the guides on the wood fire will follow.

Overnight- Jungle Camp/Basic partially open air hut



DAY 10: FINISH 2 DAY 1 NIGHT WHITE WATER RAFTING. TRANSFER TO MAE HONG SONG HOTEL (B,L)

A filling breakfast will be served at 8 am. Departing from the camp around 9 am, we will first enjoy a dozen rapids among which the class 3 Red Cliff. Further down, we will reach the Khong River junction, most important tributary of the Pai river; a few minutes later, the expedition will take a break at the main hot springs on this trip and will get ready for more fun through the set of the Rising Stone Rapids (about 5 rapids from 100 to 400 meters long, grade 2-3); after such a thrill, a picnic will be served on the bank of a clear stream; then, you will paddle or enjoy swimming through the Pai Gorges scattered with few more tricky rapids. Coming to the end of the journey, we will pop out into the Mae Hong Son Valley and meet the first farming areas.

We will disembark at the Forestry Headquarter around 15:00; there you will be able to redeem your main luggage and take a refreshing shower before a short transfer to your hotel in Mae Hong Son.

This evening a pre tour meeting will be conducted by your trekking guide in your hotel lobby.

Overnight Fern Resort/Deluxe

DAY 11: BEGIN 3 DAY 2 NIGHT TREK - MAE HONG SONG HILLTRIBE TREK (B,L,D)

9.00 a.m. We pick up and short drive. We start walking along a local hill tribe trail a very narrow trail and leading down to the Mae Hong Son Creek. We hike through the creek, deep gorges, ravine, and forest. We walk through water several times. There are many rivers to cross. You will get your feet wet, and will find it a very nice experience. You can stop to swim in the river.

Enjoy a picnic lunch on the river side. In the afternoon, continue hiking through evergreen jungle. See massive climbing lianas, green bamboo stems, rattan palms and undergrowth plants, Wild ginger and Ferns. Pass through terraced paddy fields.

Arrive in Ban Hua Nam for a home stay with a Karen family. Learn about their culture. Guide and porters prepare delicious Thai meals. Enjoy dinner by candlelight.

Overnight- Karen Village/Very Basic Homestay

DAY 12: SECOND DAY OF 3 DAY 2 NIGHT TREK, MAE HONG SONG HILLTRIBE (B,L,D)

When you wake up in the morning, pigs are running around under the house and people are setting off to work in the fields. After breakfast, before leaving we take a walk around the village, visit the primary school, and then start the hike again. On the trail you can hear gibbon's song from far off on the hill side or you may see them swinging from tree to tree. There are many birds too. We pass a small village on the way, where we stop for 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 – Hilltribe Village/Basic Village Hut



DAY 13: FINISH 3 DAY 2 NIGHT TREK, TRANSFER TO MAE HONG SONG HOTEL (B,L)

You see the diversity of flora and fauna in the seasonal forest of Thailand. On high land you see mountain Cycad trees, Palms, Pines, Chestnuts and Wild Orchids. We eat lunch on a place with a panoramic view. 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 stop to swim in the river again. We finish our trek and the car takes us back to town.

Overnight – Fern Resort/Deluxe

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

Today is a free day for optional activities. Options include mountain biking around local area/to Padong long neck village, Elephant Trekking, Caving and hot springs.

At the appropriate time, transfer to Mae Hong Song airport (10-15 mins) for onward flight. End of services.

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.

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 2 people travelling, so will cost less for larger groups. If there are 2 or more of you, you can tell us when you want to go.

EXPEDITION SCHEDULE

Tailormade to suit your dates between November and March and July and September. Small group expedition on 1st 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 Difficult level (5-7 per day). This means that you will need more than a basic level of fitness and some specific training may be required.

