

Topdeck

DELVE DEEP: SOUTHERN THAILAND



TRIP CODE:

TSTBP4

TOPDECKER, meet Asia (TD)

TRIP VIBE = iconic sights and in-depth adventures with a local Trip Leader. There's more to Southern Thailand than paradisaical beaches, picturesque temples and droolworthy pad Thai. Wanna go beyond those bucket list attractions? We got you. Delve deeper into the 'Land of Smiles' – we're talking heaps of culture, tonnes of hidden gems and endless *pinch me* moments. Ready for 12 days of action-packed tropical adventures, plus plenty of free time to do you? This is it.

WORTH NOTING...

On day 3, you'll be staying in an awesome eco treehouse. There's no single supplement available, so you'll be sharing a room with a few of your trip mates.

WHAT YOU NEED TO KNOW



Delve Deep



Nights



Download app



Meals

Thanks for choosing to holiday with Topdeck

Ready for the time of your LIFE?

The countdown's on...

ABOUT YOUR TRIP NOTES

These Trip Notes contain everything you need to know before your trip departs – from where to meet your Topdeck fam to what we suggest you bring.

Read them on the train, in the supermarket queue or on the loo – we don't mind, just look through them carefully so you know what to expect on your trip. We recommend you download this document so it's with you when you travel (and give a copy to your MVPs so they know what you're up to).

IMPORTANT: please refresh this doc as close to your departure as possible. This means you'll have the most up-to-date info available.

INCLUDED EXPERIENCES

- Overnight train to Surat Thani
- Overnight experience in an eco treehouse lodge
- Bamboo cooking experience in Khao Sok National Park
- Longtail boat ride to floating raft accommodation
- Overnight experience in a floating raft house
- Wildlife boat cruise in Khao Sok National Park
- Khao Sok National Park morning safari
- Kayaking on Cheow Lan Lake
- Jungle trek to Bottle Beach in Koh Phangan
- Visit Railay Beach
- Visit Samet Nangshe lookout

YOUR TRIP WILL START

PICK UP:

Bangkok
Thailand

YOUR TRIP WILL FINISH

DROP OFF:

Phuket
Thailand

TRIP CURRENCIES

- Thailand - THB

YOUR ITINERARY

DAY 1 | BANGKOK (THAILAND)

Keen to kick off the adventure? Meet us in Bangkok: Thailand's temple-stuffed, neon-lit, food-loving capital. First things first, say hello to your fellow adventurers over an included dinner at a local restaurant. Cue = stuffing your face with alllll the spring rolls and spicy curry. Afterwards, you've got options. Continue your convos at one of the city's swanky rooftop bars. Get your souvenir shopping sorted early at a night market. Or have a chilled evening back at the hotel. Your trip = your vibe.



MEALS:

- Dinner

DAY 2 | BANGKOK – SURAT THANI

You've got a full day to make the most of Bangkok. Need recs? Pull on your history hat and explore the city on two wheels during an optional bike tour. Whizz up Khaosan Road (a former rice market turned backpacker haven) before stopping off at stunning temples, old-school steam train depots and the beaut Grand Palace. Want to delve a little deeper? Journey down Bangkok's vibrant lanes and through numerous local neighbourhoods on a full-day guided tour. Tonight, stock up on snacks and change into a comfy 'fit. Why? Cos we're catching an overnight train to Surat Thani. Shotgun the top bunk!



MEALS:

- Breakfast



INCLUDED TODAY:

- Overnight train to Surat Thani



OPTIONAL ACTIVITIES:

- Bike tour of historic Bangkok: prices available locally
- Bangkok through the lanes guided tour: prices available locally

DAY 3 | SURAT THANI – KHAO SOK NATIONAL PARK

Rise and shine, folks! We'll jump off the train in Surat Thani bright and early. Don't worry – you'll have plenty of time to catch up on some zzzs on the bus to Khao Sok National Park. After we've checked into our eco treehouse and soaked up some serious Jungle Book vibes, level up those chef skills with a local Thai bamboo cooking class. On the menu: Thai green curry, BBQ chicken, bamboo pancakes. Drooling yet? Gobble up your homemade goodies with a view of the stunning Sok River. This is what you came for.



MEALS:

- Dinner



INCLUDED TODAY:

- Overnight experience in an eco treehouse lodge
- Bamboo cooking experience in Khao Sok National Park

DAY 4 | KHAO SOK NATIONAL PARK

After an included brekkie, we'll take one last look at our treehouses (aka the hotel of 10-year-old you's dreams) before diving deeper into Khao Sok National Park. Keep your face pressed to the window as we pass rugged limestone mountains, ancient caves and trees as tall as skyscrapers. Later we'll hop on a local longtail boat and hightail it (see what we did there?) to tonight's accommodation: a traditional raft house on the twinkling Cheow Lan Lake. Before you fall asleep to the sound of gently lapping waves, there's time for an afternoon wildlife cruise. Prepare to switch off and completely immerse yourself in nature.



MEALS:

- Breakfast
- Lunch
- Dinner



INCLUDED TODAY:

- Longtail boat ride to floating raft accommodation
- Overnight experience in a floating raft house
- Wildlife boat cruise in Khao Sok National Park

DAY 5 | KHAO SOK NATIONAL PARK – KOH PHANGAN

Fuel up with another tropical fruit-laden breakfast before we activate explorer mode. First: soak up Khao Sok's misty jungles, magical peaks and awesome wildlife (think sun bears, tapirs and even clouded leopards) on an early morning safari. Afterwards, jump in a kayak and weave around Cheow San Lake's ultra-dramatic rock formations. We'll then wave goodbye to the mainland and make a beeline for the INCREDible island of Koh Phangan. Think: lush rainforest, gleaming white beaches (sunnies essential) and turquoise water so dreamy even the Little Mermaid would want to stay there. AND you've got the afternoon to explore it all. Need some recs? Your Trip Leader's got them by the bucketload.



MEALS:

- Breakfast



INCLUDED TODAY:

- Khao Sok National Park morning safari
- Kayaking on Cheow Lan Lake

DAY 6 | KOH PHANGAN

Fact: Koh Phangan is an absolute mood. The best bit? You've got 48 more hours to experience it. Hell. Yes. Jump in another longtail boat (your new fave mode of transport) and get ready for an optional underwater adventure around three beaut snorkelling spots. Prefer to keep your feet firmly on the ground? Channel your inner eco-warrior with an optional tour of a local sustainable farm. Stroll around lush gardens, learn about habitat restoration and make your own drink out of Mother Nature's bounty. Tonight, round up your trip mates and tuck into satay, spicy soup and shrimp salad. Sparkling convo = guaranteed.



MEALS:

- Breakfast



OPTIONAL ACTIVITIES:

- Snorkelling and longtail boat trip from Koh Phangan: prices available locally
- Visit an eco-friendly farm in Koh Phangan: prices available locally

DAY 7 | KOH PHANGAN

You wanted time to delve deeper, so you've got it. We'll kickstart today with an Indian Jones-style jungle hike to Bottle Beach. Spoiler: your jaw's gonna DROP. The rest of the day is totally up to you. Stick around the north coast, where Hat Khuat and Hat Thian beaches are all about the chill scene. Go chasing waterfalls (and beaches and bars). Or crack into a coconut and relax poolside back at the hotel. This? This is what makes the memories.



MEALS:

- Breakfast



INCLUDED TODAY:

- Jungle trek to Bottle Beach in Koh Phangan

DAY 8 | KOH PHANGAN – KRABI

No lie, today's a bit of a travel day. We'll be making tracks for Krabi via sea and land, so stock up on local snacks, soak up the tropical views, and put the lingo skills of your travel buds to the test. When we arrive, you'll have the afternoon to get your bearings. Powder-soft sand coves. Swaying coconut palms. Islands surrounded by emerald waters. Mother Nature sure as hell wasn't messing about when she made Krabi.



MEALS:

- Breakfast

DAY 9 | KRABI

Need a lie-in after yesterday's journey? You got it. Later, we'll round up the group for an awesome AF activity: a day trip to Railay Beach. This cove is RIDICULOUSLY breathtaking. We'll approach it by longtail boat too, giving you the best views of its limestone karsts and palm-flecked shoreline. Don't say we never spoil you.



MEALS:

- Breakfast



INCLUDED TODAY:

- Visit Railay Beach

DAY 10 | KRABI – SAMET NANGSHE – PHUKET

Today, we're swapping one paradise for another as we head for Phuket. On the way, we'll make a pit stop at Samet Nangshe. Clear your camera rolls 'cos this viewpoint is the definition of photogenic. We're talking 180-degree scenes of majestic mangrove forests and the sparkling ocean. Next up: Phuket. Eye-popping architecture. Lip-smacking eats. And a fascinating fusion of cultures and traditions. We can't think of a better place to spend the last few days of your trip.



MEALS:

- Breakfast



INCLUDED TODAY:

- Visit Samet Nangshe lookout

DAY 11 | PHUKET

This immense island sure packs a punch – and today it's 100% yours to delve deeper. Opt for a day trip speedboating around the Phi Phi Islands for more emerald waters, crazy-gorgeous beaches and mind-blowing scenery. Ready for Muay Thai (the boxing, not the drink)? There's a chance to brush up on your skills at one of the country's best training camps. Or prepare to get sweaty practising your downward dog with a hot yoga class. Tonight, settle in for our final group dinner. WHAT an adventure it's been.



MEALS:

- Breakfast
- Dinner



OPTIONAL ACTIVITIES:

- Full-day Phi Phi Islands tour: from 108 USD
- Kata hot yoga class in Phuket: prices available locally
- Muay Thai boxing class in Phuket: prices available locally

DAY 12 | PHUKET

You came. You saw. You cultured. And just like that, it's over. Get down to breakfast and swap those socials – you're gonna need them for next year's reunion trip. Not ready for the fun to end? Hop back up to Bangkok to join our Delve Deep trip around Northern Thailand. A few travel dates also match up perfectly with our Play & Pause: Great Southeast Asia trip. Just sayin'.



MEALS:

- Breakfast

OTHER INFORMATION

TOPDECK APP

Feeling appy? Download the Topdeck app and get PUMPED for the adventure ahead. Best bit is: from 45 days before departure you'll be able to chat with your soon-to-be tripmates.

Plus, get your itinerary at your fingertips – so you know where you'll be going and what you'll be doing on each day of your trip. Nice!

Links:

Apple <https://apps.apple.com/gb/app/topdeck/id994727866>

Android <https://play.google.com/store/apps/details?id=com.FlexiTechSolutions.TopDeck&hl=en>



YOUR SAFETY

NIGHTS OUT

We love a good night out – experiencing the nightlife and entertainment places have to offer is a big part of travelling. But alongside the fun it's important to be aware of your surroundings and personal safety.

When you're out late, remember to avoid walking alone – particularly through deserted areas like beaches and back streets. Always stick together, take a registered taxi where possible, and keep a note of your accommodation so you can find your way back to your fellow Topdeckers if you become separated. Make sure you have your trip mates' mobile numbers in case you need to get hold of them while out and about.

In some countries, alcoholic measures can be considerably larger than what you may be used to. Try to keep track of what you're drinking – and if you see one of your trip mates looking a little worse for wear, take them back to your accommodation. Never leave your drink unattended.

It's also important to be aware that what you might consider harmless flirting may be interpreted differently in some countries. Be yourself and have fun, but stay savvy – you don't want to find yourself in an uncomfortable situation.

DRUG USE

Topdeck has a strict zero-tolerance drug policy. Customers should not bring any illegal substances onto the Topdeck coach or into any of the accommodation we stay in on our trips. This includes marijuana – even if it is legal in some of the states your trip passes through. If you are found in possession of drugs, you will be removed from the trip immediately. All instances of drug possession will be reported to Topdeck Head Office, who may consider alerting the relevant authorities.

REMEMBER: if you are found in possession of drugs, not only do you risk getting in trouble with the local police, but our Driver will also be held responsible if they are found on the Topdeck coach. Trust us, you don't want that to happen to any of our Drivers – they're awesome.

MENTAL HEALTH AND WELLBEING

Culture shock, homesickness, random periods of feeling down – these things happen and are totally normal. You can rest assured that if you're feeling low, your Topdeck crew will do their utmost to cheer you up.

Measures you can take to look after your mental health and wellbeing while on the road with us are:

- Call home. Sometimes it's nice to hear a familiar voice and have a good old-fashioned catch up with your loved ones
- Eat well. Never underestimate the power of a good, wholesome meal. Nobody feels at their best when they're hungry!

- Drink responsibly. Not only will you swerve the dreaded hangover, but by keeping an eye on what you drink you could also avoid getting into any potentially uncomfortable situations
- Talk to your Trip Leader. Don't forget, they're probably far from home too – so they're sure to know some tried- and- tested ways to beat the blues
- Integrate with your fellow Topdeckers. This one is key! The more fun you're having on your trip, the less likely you are to feel homesick (fact!)

TRAVEL SINCE COVID-19

Travel looks a bit different since COVID-19. That's why we've put some new procedures in place to help keep you safe on the road.

What remains the same? Your Topdeck trip will be run hygienically, responsibly, and with your safety at the forefront of everything we do. End of.

Here's the info: <https://www.topdeck.travel/resources/travel-safely>

RESPECT ON THE ROAD

RESPECTING FELLOW TRAVELLERS

Our trips are for everyone. We're a family – and we want every Topdecker to have an incredible time.

What we're not about is excluding people or making them feel like they don't belong. That's why we always encourage Topdeckers to be kind and courteous to their fellow tripmates . The golden rules? Respect each other's space, be mindful of causing excessive noise in shared accommodation, and treat others how you'd wish to be treated. Easy!

HOW TO BE A RESPONSIBLE TRAVELLER

Responsible travel isn't difficult to achieve. With a little conscious thought and preparation, you can have an awesome adventure AND a positive impact on the places you visit. Sweet!

Here are five things you can do to ensure you're travelling responsibly:

- Conserve water. You know the drill – reuse your room towels, take short showers and remember to turn off the tap when you're brushing your teeth
- Reduce your waste. Ditch the plastic bag, refuse unnecessary packaging, dispose of your waste responsibly and recycle as much as possible
- Go local. Hunt down locally owned and operated restaurants and bars, shop in local markets, and book tours and activities run by local guides
- Consider the wildlife. Avoid any attractions that involve closely engaging with wild animals
- Respect local people and culture. Obeying local laws is a given – but also remember to dress and behave in a manner appropriate to the community. Be polite and keep an open mind!

INSURANCE

Before your trip departs, it's compulsory for all passengers to take out comprehensive travel insurance covering cancellation, medical expenses (including repatriation), loss or damage to baggage and personal belongings, money and personal liability.

Head to our FAQ for more info: <https://www.topdeck.travel/resources/faqs-0>

Got more Qs? Chat with our Customer Service team: <https://www.topdeck.travel/about-us/contact>

PASSPORTS AND VISAS

Please make sure your passport is valid for at least six months after the last day of your trip. Some countries will refuse entry if you do not have at least six months validity remaining on your passport after your departure date. Depending on your nationality, you may require a visa to enter certain countries.

It is your responsibility to obtain visas prior to your trip's departure. To determine which visas you'll need, you can consult either your own government's website or the government websites of the countries in which you will be travelling. Check out our handy interactive map showing global visa requirements:

<https://www.topdeck.travel/resources/latest-border-restrictions>

PLEASE NOTE: some visas can take up to six weeks to acquire, so don't leave it until the last minute. Also, bear in mind that the validity of a visa often runs from its date of issue rather than the date of entry into the country. Please check with the appropriate embassy/embassies prior to departure, as requirements do change periodically.

TIPPING

Basically: it's not necessary.

Your Trip Leader and Driver don't expect tips, and they won't ask for any either. Meaning? More dollar to spend on optional activities (and a souvenir for your nan).

WHAT TO BRING

Based on our experience, these items are key. Everyone's different though – so if you want to bring more or less, go for it (as long as you don't exceed your 20kg allowance, that is!).

Off to Japan? Your luggage must be no bigger than 160cm in total (height x width x length). So maybe leave the hairdryer at home.

Psst: this is a packing list for Topdeck trips in general. Obv you'd look silly splashing around the Greek islands in a snowsuit.

- 1 pair of comfortable walking shoes + 1 pair of smart casual shoes
- 1 pair of thongs/jandals/flip-flops
- 2 pairs of jeans/trousers
- 2 pairs of shorts/skirts
- 4 shirts/T-shirts
- 2 sweaters/jumpers
- Smart casual evening wear
- 1 warm jacket + 1 rainproof jacket

- Underwear and socks + swimwear
- Towel
- Toiletries
- Hat and sunscreen
- Basic medical kit (including plasters, aspirin etc)
- Adaptor plug
- Reusable water bottle
- Snow gear



THAT'S IT!