

JOURNEYS: THAILAND IN DEPTH

15 days, Bangkok to Koh Samui

Trip code ATBNG

WHAT'S INCLUDED

- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Quito

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing July 30th, 2026 and onwards

Day 1

BANGKOK

Arrive at any time. Arrival transfer is included.



TODAY'S ACTIVITIES

Airport Transfer

Suvarnabhumi Airport – Bangkok

1h-1h

Upon arrival at the airport, head to the arrival hall and go to gate number 4 near the airport information counter. Look for a driver holding a G Adventures sign with your name, who'll take you to your hotel so you can check in and start exploring.

ACTIVITY

Your opportunity to meet your National Geographic Expedition Leader and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Step onto a boat heading down the Chao Phraya River toward Tha Tien Pier to begin your morning. Walk to the grand grounds of Wat Pho to see the massive Reclining Buddha, then take time to wander the bustling food stalls nearby. In the afternoon, board a traditional longtail boat to navigate the historic waterways, slipping from the main river into the quiet, wooden-built canals of the Thonburi district. Here, daily life unfolds right along the water's edge: laundry dries in the sun, kids splash from docks, and vendors paddle past, showing you a grounded, local side of the city before you head back for a free evening.



Meals included

Breakfast



TODAY'S ACTIVITIES

Klong Riverboat Tour

Bangkok

Travel by longtail boat on the busy Chao Phraya River and through the small canals of western Bangkok's Thonburi district. Observe colourful scenes of everyday life along the river banks.

Wat Po Visit

Bangkok

This temple is known for its reclining Buddha, its feet covered with mother-of-pearl engravings of Buddhist symbols. Explore the large grounds and other compounds to see other Buddha figures, murals and the chedis that contain the ashes of Buddha. This is also the birthplace of traditional Thai massage.

Free Time

Bangkok

Enjoy the rest of the day at leisure exploring Bangkok, from the vibrant neighborhoods of Songwat and Talat Noi to the iconic street food scene of Chinatown.

Day 3

BANGKOK/KANCHANABURI

Leave the capital behind and head toward Kanchanaburi, where the Khwae Noi and Khwae Yai rivers meet. Stop near the historic Death Railway for an optional lunch at Tham Krasae, then board a local train for a moving journey through World War II history. Continue to the Thailand-Burma Railway Centre Museum to deepen your understanding through local artifacts and exhibits, before checking into your hotel along the river for an evening at your leisure.



Meals included

Breakfast

Day 4

KANCHANABURI/PHRA NAKHON SI AYUTTHAYA

Venture into the lush canopy of Erawan National Park to find the famous seven-tiered waterfall. Spend your morning swimming in the turquoise pools, taking photos from the upper limestone ledges, or hiking the quiet jungle trails. After an optional local lunch by the falls, transfer across the green plains to the ancient capital of Ayutthaya. As dusk falls over the old city, climb aboard a beautifully converted 1930s rice barge for a dinner cruise. Drift past ruins and riverside villages while sharing a traditional meal, watching the stars come out over the water before checking into your hotel.



Meals included

Breakfast | Dinner

Day 5

PHRA NAKHON SI AYUTTHAYA/CHIANG MAI

Wander the towering stone prangs and weathered brick Buddhas of Ayutthaya Historical Park on a guided morning walk. From here, drive back to the airport for an afternoon flight to Chiang Mai. Arrive to a warm northern welcome, then travel to a nearby village. Step into the home of a local family for a Khantoke dinner, passing platters of sticky rice, rich hang-le curry, and crispy pork with chilli paste. After dinner, walk through the garden, sip tea, and learn more about rural Thai life before checking into your city hotel.



Meals included

Breakfast | Dinner

Day 6

CHIANG MAI

Dive into the smells and colours of the neighbourhood market this morning, picking out fresh galangal, lemongrass, and chillies alongside local shoppers. Take your ingredients to a cooking class to learn the balance of Thai flavours, then sit down to devour the dishes you made for lunch. In the afternoon, meet with local monks at Wat Suan Dok temple, before riding a cable car up the mountain to Wat Phra That Doi Suthep. Listen to the monks' evening chanting, then join a personal Q&A at the International Meditation Center with a teaching monk about Buddhist life, before ending your day at the night market.



Meals included

Breakfast | Lunch

Day 7

CHIANG MAI

Spend a free day exploring Chiang Mai on your own terms. You might choose a scenic, flat cycling tour along the banks of the Mae Ping River, pedalling past fruit orchards and stopping to chat with local residents in small riverside communities. As evening approaches, join an optional street food walk through the buzzing night market, browsing handmade crafts from local artists and sampling spicy northern snacks from sizzling woks. Your National Geographic Expedition Leader can help you choose the right path, leaving you free to follow the community, culture, or quiet corners that call to you most.



Meals included

Breakfast

Day 8

KRABI

Arrive at any time. Arrival transfer is included.

Day 9

KRABI

Step aboard a traditional longtail boat to cruise into the stunning waters of the Andaman Sea, heading for the Hong Island archipelago. Spend your day exploring four beautiful islands—Hong, Pakbia, Lahding, and Paradise. Sink your toes into white sand, enjoy a quiet picnic lunch surrounded by limestone cliffs, and snorkel in clear waters teeming with colourful marine life. It is a day defined by the simple rhythms of the sun and sea, offering plenty of time to swim, relax, and absorb the natural beauty of the coast before heading back to Krabi for a free evening.



Meals included

Breakfast | Lunch

Day 10

KRABI/KHAO SOK

Begin the morning by crossing the Krabi River on a traditional longtail boat to explore quiet rural communities. Hop into a tuk-tuk to wind through farming villages, meeting local residents and learning about daily agricultural life and the traditions of the predominantly Muslim community. In the afternoon, travel to Khao Sok National Park, where you will join a local guide for a rainforest eco-walk. Arrive at a secluded jungle clearing for a bamboo cooking experience, helping to prepare a feast of green curry, barbecued chicken, and rice inside freshly cut bamboo tubes, dining as the forest comes alive with evening sounds.



Meals included

Breakfast | Dinner

Day 11

KHAO SOK

Today is yours to shape as you wish, with excellent optional excursions that let you dive deeper into this ancient rainforest. Choose to set out on a guided jungle trek to spot wild orchids, towering bamboo groves, and signs of native wildlife along the leafy trails. Alternatively, opt for a peaceful canoe tour down the gentle Sok River. Whatever you choose, enjoy a slow-paced day connecting with one of Thailand's most spectacular wilderness areas.



Meals included

Breakfast

Day 12

KHAO SOK/KOH SAMUI

Discover the journey of southern Thai cuisine from plot to plate this morning at the community-run Kao Thep Pitak farm. Walk through organic orchards and a nearby rubber plantation, learning how this self-sustaining initiative supports more than 140 local families. Enjoy lunch prepared by village members, then travel to Don Sak pier to board the afternoon ferry to the tropical island of Koh Samui. Arrive on the island and settle into your hotel, ready to enjoy a relaxed evening.



Meals included

Breakfast | Lunch

Day 13

KOH SAMUI

Climb into an off-road vehicle for a day of exploration across Koh Samui, travelling beyond the beaches to discover the island's interior. Wind past coconut plantations, explore jungle sanctuaries, and stand before waterfalls and iconic island temples. Along the way, take in sweeping panoramic views from high mountain lookouts and stop to feel the soft sand of quiet Silver Beach. This journey offers a wonderful balance of culture, local traditions, and natural beauty, ending with a relaxed evening to explore the island's coastal paths.



Meals included

Breakfast | Lunch

Day 14

KOH SAMUI

Enjoy a free day to experience Koh Samui at your own pace. Choose to spend the day relaxing on the sun-warmed beaches, dipping into the Gulf of Thailand, and exploring local seaside markets. Or, opt for an excursion to Angthong National Marine Park, an archipelago of pristine islands, hidden lagoons, and dramatic limestone cliffs. Your National Geographic Expedition Leader is on hand to help you arrange your perfect final day, leaving you free to gather with your fellow travellers in the evening to swap stories and celebrate your shared journey.



Meals included

Breakfast

Day 15

KOH SAMUI

Depart at any time.



Meals included

Breakfast

What's included

- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Quito

What meals are included in this trip?

13 breakfasts, 4 lunches, 3 dinners

What activities are optional on this trip?

- No optional activities

What are the age restrictions for this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.