



Thailand for Solo Travelers: Bangkok, Phuket & the Islands

9 days | 13 days with Chiang Mai & Bangkok extension

What could be better than exploring golden temples and maze-like markets in Bangkok, or snorkeling, swimming, and sunning off the coast of a Thai island? Doing it all alongside like-minded solo travelers—and returning home with a whole new group of friends.



Your tour package includes

- 7 nights in a private room at handpicked hotels
- 7 breakfasts
- 2 lunches
- 2 dinners with beer or wine
- 3 food tastings
- 7 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach
- 2 on-tour flights

Included highlights

- Grand Palace
- Klong canal cruise
- Damnoen Saduak Floating Market
- Maeklong Train Market
- Organic Thai farm visit
- Amulet Market
- Chinpracha Mansion
- Phi Phi Island cruise

Tour pace

On this guided tour, you'll walk for at least 2 hours daily across uneven terrain with some hills.

Group size

15–28

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Overnight Flight → 1 night

Day 1: Travel day

Board your overnight flight to Bangkok today.

Bangkok → 3 nights

Day 2: Arrival in Bangkok

Welcome to Thailand! Get settled into your hotel tonight.

Day 3: Sightseeing tour of Bangkok

Included meals: breakfast, welcome lunch, tasting

This morning, join your Tour Director on a sightseeing tour of Bangkok.

- Explore the sprawling Grand Palace complex, built in 1782 for the king of Siam
- Pass by the Temple of the Emerald Buddha (Wat Phra Kaew)
- Step inside the Temple of the Reclining Buddha (Wat Pho) to see the famous 150-foot-long statue of Buddha
- Visit the nearby flower market before taking a walking tour of the Chinatown neighborhood
- Enjoy an included welcome lunch at a local restaurant with your fellow travelers
- Tour the city's canals, called klongs, on a motorized longboat as you sample local fruits

This evening, gather with your Tour Director and fellow group members at a mixer.

Day 4: Damnoen Saduak Floating Market, Maeklong Railway Market & organic farm

Included meals: breakfast, tasting

Explore the region surrounding Bangkok on a series of stops at local cultural sites.

- Ride through canals and villages on a long-tail boat to arrive at the Damnoen Saduak Floating Market
- See the varied stalls, where locals sell food and goods, before sampling a sweet local specialty
- Explore the Maeklong Railway Market, built on an active train line, where vendors regularly pack up their stalls to allow trains to pass
- Continue on to a local organic farm to learn about its eco-friendly practices

- Sample freshly picked fruit and a refreshing coconut drink
- Take part in a hands-on planting workshop with local farmers

Enjoy a free evening in Bangkok or add an excursion.

+ Food of Bangkok Walking Tour

Phuket Island → 3 nights

Day 5: Flight to Phuket & walking tour

Included meals: breakfast, tasting, dinner

Fly to Phuket this morning. Then get to get know Thailand's largest island on a walking tour.

- Visit the Thai Amulets Market, where you can shop for amulets that have been blessed by Buddhist monks
- Learn about the cultural significance of amulets, which are believed to protect their wearers from harm and, in some cases, bring them good fortune
- Learn how Phuket has long been an important trading post for Europe and China
- Admire the restored shophouses along Dibuk Road in the Old Town
- Enter the Chinpracha House, a beautiful Sino-Portuguese-style colonial mansion
- Visit the Thai Hua Museum and uncover the history of the Chinese migrant journey to Phuket in the 1800s
- Sample some regional snacks in a restored coffee house

Tonight, enjoy an included dinner with your group.

Day 6: Phi Phi Island cruise & snorkeling

Included meals: breakfast, lunch

Head to Phuket harbor and board a speedboat to Phi Phi Don for a day of beach-hopping alongside an expert guide.

- Snorkel in the crystal-clear, blue water and admire one of the world's most abundant coral reef systems
- Gaze up at the staggering limestone cliffs as you head to Monkey Island
- Keep an eye out for Long-Tailed Macaques, a member of the Old World monkeys known for their love of water

- Soak in the laid-back atmosphere of the islands and taste local specialties during an included lunch

Day 7: Free day in Phuket

Included meals: breakfast

Spend a free day in Phuket or add an excursion.

+ Phang Nga Bay Cruise & James Bond Island

Bangkok → 1 night

Day 8: Flight to Bangkok

Included meals: breakfast, farewell dinner

Fly to Bangkok this afternoon, then spend free time exploring the city at your leisure.

Tonight, celebrate your trip with your fellow travelers during a farewell dinner at a local restaurant.

Flight Home

Day 9: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your early morning flight home, or continue your tour to Chiang Mai and more of Bangkok.

+ Chiang Mai & Bangkok extension

After exploring urban and coastal Thailand, set out for Chiang Mai, a tranquil city in the country's lush, mountainous north. There, treat your tastebuds to traditional Thai flavors while exploring a sprawling night market, pay a visit to a prominent elephant sanctuary, and chat with a monk about the principles of Buddhism.

Chiang Mai → 3 nights

Day 9: Flight to Chiang Mai & night market visit

Included meals: breakfast, tasting

Fly to Chiang Mai this afternoon.

Tonight, join your Tour Director to explore the Chiang Mai Night Market, just outside the ancient walls of the old city. You're in for the best night market experience in Thailand.

- Sample various regional cuisine specialties made by local vendors
- Enjoy free time to shop and taste more street food at your leisure

Day 10: Sightseeing tour of ChangChill elephant sanctuary

Included meals: breakfast, lunch

Drive through the countryside and visit ChangChill, an organization at the forefront of elephant welfare and responsible tourism in Chiang Mai.

- Hear how the organization works with World Animal Protection to create a safe living environment for the elephants and an educational experience for visitors
- Learn about Asian elephants as you watch them roam freely during a hands-off elephant exploration walk
- Help prepare medicine and food for the elephants
- Chat with the mahouts, or elephant caretakers, and enjoy an included vegetarian meal overlooking the elephants' natural bathing spot

Spend a free evening in Chiang Mai or add an excursion.

+ Lanna Family Home-Hosted Dinner

Day 11: Free day in Chiang Mai & cooking class

Included meals: breakfast, dinner

Spend a free day in Chiang Mai or add an excursion.

This evening, take part in a Thai cooking class.

- Prepare local Thai dishes with culinary chefs in a secluded village known for its stunning rice fields
- Enjoy the meal you cooked for dinner alongside your fellow group members

+ Mae Kampong Hill Tribe: Village Visit & Hike

Later, fly back to Bangkok for a farewell dinner with your group.

Flight home

Day 13: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your early morning flight home.

Bangkok → 1 night

Day 12: Buddhist monk visit & flight to Bangkok

Included meals: breakfast, farewell dinner

This morning, visit the Wat Suan Dok Buddhist temple where you'll meet a resident monk to discuss Buddhism, ask questions, and learn how the monks of the temple live.

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: goaheadtours.ca/TA6 | 1-800-754-5066

Day 4: Food of Bangkok Walking Tour

\$159CAD/\$169CAD* (3 hours, departs in the evening)

When night falls in Bangkok, streets, sidewalks, and alleys come alive with hundreds of food stalls whose sizzling woks and griddles send mouthwatering scents wafting through the air. Set out with your Tour Director for a nighttime walking tour of one of the city's best night markets, stopping to sample dishes like noodles, curries, soups, and along the way. As you dive into the world of Thai desserts and other local snacks, you'll learn the history, traditions, and cultural significance behind everything you try.

and/or wet conditions during the rainy season.

Day 7: Phang Nga Bay Cruise & James Bond Island

\$199CAD/\$209CAD* (8 hours, departs in the morning, includes lunch)

Depart Phuket Island and spend today boating around the surrounding tropical island paradise on a guided sightseeing tour. Board a speedboat and cruise around Ao Phang Nga Bay National Park, known for its towering limestone rock formations. Enjoy an included lunch in a floating restaurant, then head to Talu Island to explore sea caves by canoe with experienced local paddlers as your guides. End the day with a visit to the iconic Khao Phing Kan, also known as James Bond Island, made famous as a filming location in "The Man With the Golden Gun".

Extension excursion options

Day 10: Lanna Family Home-Hosted Dinner

\$125CAD/\$135CAD* (4 hours, departs in the evening, dinner included)

Make your way outside of Chiang Mai to join a local Lanna family in their open-air garden. Get a tour of the family's orchards and gardens before sitting down to enjoy a spread of traditional Thai dishes while learning about Lanna culture and traditions from your hosts.

Day 11: Mae Kampong Hill Tribe: Village Visit & Hike

\$89CAD/\$99CAD* (6 hours, departs in the morning, lunch included)

The Mae Kampong Hill Tribe lives in Northern Thailand, where members of the community continue to practice and share their storied traditions. Today, you'll explore their village alongside a local guide. Begin the day with a hike through the mountains surrounding the village. You'll stop to view a waterfall as you hear about the beauty of the area from your guide. Continue into the village to learn about the traditional ways of life during a tea tasting. Farmers in the community have produced tea for over 200 years, and the area's fertile farmlands were one of the main reasons the villagers chose to live here. Then, enter the home of a village resident and get to the heart of traditional Thai cuisine during a home-hosted lunch. After enjoying some free time, travel back to Chiang Mai. Please note: We recommend travelers wear comfortable clothing and sturdy walking shoes. The hike is 60–90 minutes long uphill through the mountains. Travelers should be prepared for muddy

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at goaheadtours.ca/terms