Journey to Thailand



LPSV EXPERIENCE

JANUARY 13th - 22nd 2027

Welcome and Sawadika!

A huge big welcome to Bangkok and Thailand ... and hopefully, the journey and adventure of a lifetime!

To you all, Kristina, Kathleen, Fran, Kristen, Cynthia, Marianne, Lauren, Lesli, Michelle, Heather, Tina, Breck and Holli - some of you are already friends, and the rest I'm sure will become friends in a very short while - we cannot wait to show you all that this magical land has to offer!

We hope you are all set to explore, taste, touch, feel and fully embrace everything we have planned, (or unplanned!) in the coming ten days of your incredible journey to Thailand.

Louise and Pascale

Lpsv Experience

Welcome and Sawasdee!

From the moment I began dreaming about this retreat, my hope was to create an experience that went far beyond travel. I wanted to bring together an incredible group of women to embrace a new culture, nourish body and soul, and create meaningful connections through shared experiences. The fact that each of you said “yes” to this adventure makes me incredibly grateful, and I cannot wait to experience it alongside you.

My hope is that by the end of these ten days, you’ll leave not only with unforgettable memories but with friendships that will last long after we’ve returned home.

I also couldn’t imagine exploring Thailand without the incredible guidance of our local hosts, Louise and Pascale. Their love for this beautiful country, its people, traditions, and hidden gems is contagious, and they have thoughtfully curated experiences that will allow us to see Thailand through the eyes of those who know it best.

With gratitude,

Kristina Mills
KM Yoga Movement

ARRIVAL/DEPARTURE - BANGKOK SUVARNABHUMI AIRPORT

Bangkok Suvarnabhumi Airport (BKK) is the primary international hub of Thailand. It is located approximately 30 kilometres from the city centre. A drive to downtown Bangkok typically takes between 40 minutes and two hours, depending heavily on the time of day.

TERMINAL LAYOUT: Suvarnabhumi has four main levels. Level 4 is departures and check in. Level 3 has restaurants and the Miracle Arrival Lounge. Level 2 is arrivals. Level 1 has taxis and buses. Level B and B1 have the Airport Rail Link, SuperRich exchange, and the walkway to the Hyatt.

VISA ON ARRIVAL: Thailand offers visa FREE entry for many nationalities, with most Western passports eligible for stays up to 60 days as of 2026. Visa on Arrival is available for eligible countries at dedicated counters before immigration. Lines can be long during peak times so allow 30 to 60 minutes. Always check current requirements on the Thai Immigration Bureau website before traveling. Beware of websites offering visa services - entry visas are FREE and cards are given upon landing.

ARRIVAL IMMIGRATION CHECK

Priority Fast Track Immigration is designed for Business and First Class passengers. Access rules for these lanes have been inconsistent lately, sometimes changing monthly. Currently, these lanes are usually positioned near the outer ends of the immigration hall rather than the centre. Signage is often poor or missing entirely. Look for staff and follow the flow of other premium passengers to find the correct line.

- After landing, passengers follow signs to Immigration Control, one of the busiest points in the airport.
- Visa-Free and VOA Passengers: Join the designated immigration lines. Visa on Arrival requires prior form completion, proof of onward ticket, and payment. Airlines usually distribute on landing.
- eVOA Holders: Use electronic counters for faster clearance.
- Immigration Check: Officers verify passport validity, visa status, and onward ticket.

TIPS FOR EFFICIENT ARRIVAL

Peak Hours: Immigration queues are longest between 4 - 8 AM and 7 - 11 PM, when most long-haul flights arrive.
Documents Ready: Keep passport, visa papers and onward ticket at hand before reaching the counter.
Baggage Security: Stay alert around luggage belts as these areas are often crowded.

BANGKOK AIRPORT HOTEL

For those with early morning departures or late night arrivals, the Hyatt Regency Bangkok Suvarnabhumi Airport is the only hotel directly connected to the terminal.

You can reach the lobby via a five minute walk through a dedicated, air conditioned underground walkway on Level B1, or opt for the complimentary 24 hour shuttle bus from Gate 4. The stand-out feature is their 24 Hour Flexi policy, which allows you to check in at any time and stay for a full 24 hours rather than dealing with restrictive midday checkout times. The hotel has a tropical pool, a full service spa, and several dining options. It works well as a transit option if you need genuine rest before or after a long flight.

MOBILE DATA AND SIM CARDS

Three main carriers operate airport kiosks: AIS, TrueMove, and DTAC. Tourist SIM packages typically cost 299 to 599 THB for 8 to 15 days of unlimited data. The kiosks next to the baggage carousels usually accept cash only. If you prefer to pay by credit card, wait until you reach the main arrivals hall where more options are available.

For better prices and more data, it is often worth waiting until you reach a major shopping mall in the city. MBK Centre has particularly competitive rates. If you use eSIM, you can activate packages from Airalo or Holafly before arrival.

CURRENCY EXCHANGE

For currency exchange, head down to Level B. This is the only place you should change money at the airport. Look for the SuperRich booths, which are reliable and offer the best rates. You will need to show your passport. Avoid the exchange counters in the arrivals hall as their rates are significantly worse. Cash is always better for bargaining at markets!

If you need a short rest after a long flight, there is a capsule hotel conveniently located on this same level.

QUICK REFERENCE:

- **Currency Exchange:** Level B, SuperRich booths
- **Airport Rail Link:** Level B, 45 THB to Phaya Thai, 30 minutes
- **Fast Track Immigration:** Both ends of hall (not centre), signage unreliable
- **Best Oneworld Lounge:** Qatar Airways Premium Lounge, Concourse D
- **Airport Hotel:** Hyatt Regency, Level B1 walkway

GETTING TO/FROM THE CITY - SOFITEL BANGKOK SUKHUMVIT

Your rendezvous point is the hotel lobby/reception. Your details will already be with the check-in staff so that the check-in process is more streamlined for you - all rooms will be assigned upon arrival. A local number will be provided on 9th January via the WhatsApp group to contact us upon arrival at the hotel. (Check-in is from 2pm).

Sofitel Bangkok Sukhumvit - 189 Sukhumvit Rd, Khlong Toei Nuea, Watthana, Bangkok 10110, Thailand
Phone: +66 2 126 9999 (between Nana and Asok stations) On the bustling Sukhumvit road in the heart of Bangkok city, in close proximity to shopping malls, BTS Skytrain and MRT stations and entertainment centres.

AIRPORT RAIL LINK (ARL)

The Airport Rail Link is located on Level B. It is the fastest and most reliable way to reach the city centre, completely avoiding Bangkok's notorious traffic. The line ends at Phaya Thai station where you can transfer to the BTS Skytrain for Sukhumvit and Silom areas. You can also change at Makkasan station for the MRT subway. The journey to Phaya Thai takes 30 minutes and tickets cost 45 THB. Trains operate from 05:30 until midnight.

TAXIS

Public taxis depart from Level 1. Use the automated kiosk system to get a ticket with your assigned taxi number. Always ensure the driver turns on the meter. Be wary of drivers who offer high fixed prices or claim the meter is broken. A typical metered fare to central Bangkok runs 300 to 450 THB plus expressway tolls (around 75 THB) and a 50 THB airport surcharge.

PRIVATE TRANSFERS

Hotel transfers and private cars can be arranged in advance. Expect to pay 800 to 1,200 THB for a sedan to central Bangkok. The Sofitel Bangkok charges around 2,500 THB for their airport transfer service and should be pre-arranged.

DEPARTURE FROM SUVARNABHUMI AIRPORT

HOW EARLY TO ARRIVE

For international departures, arrive 2.5 to 3 hours before your flight. During peak periods such as early morning European and Australian departures or evening China flights, immigration queues can exceed 45 minutes even with Fast Track access. If you are checking bags with a full service carrier, add another 30 minutes for potential counter queues.

PRE-SECURITY SERVICES

If you arrive early and need a place to sit, Level 1 near Exit 3 and Exit 4 often has available seating. The main departure hall on Level 4 is usually very busy. For food, Level 3 offers many options including KFC, Subway, and McDonald's. More cafés and affordable food choices are located on Level B.

SECURITY AND IMMIGRATION

Priority Fast Track lanes are available for departure and are located at both ends of the hall, not in the centre. During early morning departures, these lines move very quickly and the process usually takes only a few minutes.

SAT-1 SATELLITE TERMINAL

The new satellite terminal opened in late 2024 and handles overflow gates for several airlines including some Qatar Airways, Thai Airways, and Star Alliance flights. Access is via an automated people mover from the main terminal. Allow 10 to 15 minutes to reach your gate.

Check your boarding pass carefully as some flights now depart from SAT-1 even if they previously used the main terminal. Lounge options in SAT-1 are currently limited, though new facilities are expected to open throughout 2026.

DOS IN THAILAND

When visiting Thailand, showing respect for local customs and practices will enrich your experience and allow you to connect with the culture on a deeper level. From gestures of politeness to temple etiquette, following these "dos" will help you navigate everyday interactions and make a positive impression on the locals.

SHOW RESPECT FOR THE MONARCHY

In Thailand, the royal family is highly regarded, and disrespecting them can lead to severe consequences, including fines or imprisonment. If you're in a public space when the national anthem plays, stop what you're doing and stand silently until the anthem is finished. Photographs of the royal family are also common, and it's important to steer clear of any form of criticism or humour related to the monarchy.

TAKE OFF YOUR SHOES

Removing your shoes is customary when entering temples, homes, and some businesses. You'll often see a row of shoes outside the entrance as a cue to follow suit. If you're visiting a friend's home, it's expected to take off your shoes unless explicitly told otherwise. In Thai culture, wearing shoes indoors is seen as unclean. Failing to remove your shoes can appear disrespectful and careless, particularly in homes or religious spaces.

DRESS MODESTLY, ESPECIALLY IN TEMPLES

Modest clothing is required when visiting temples and other religious sites. Cover your shoulders, wear long pants or skirts, and avoid anything too tight or revealing. A light scarf or shawl can come in handy for unplanned temple visits. Dressing modestly shows respect for Thailand's religious customs. Inappropriate attire such as sleeveless shirts, crop tops, or torn jeans may lead to being refused entry, as temples hold significant cultural and spiritual importance.

RETURN THE WAI GESTURE

Wai gesture is the same hand gesture, called Anjuli Mudra in Sanskrit, and used when we set an intention in our yoga practice. The "wai" is a traditional Thai greeting made by pressing your palms together with your fingers pointing vertically (similar to a "praying" pose) and offering a slight bow. If someone offers you a wai, return the gesture with similar respect. In Thai culture, seniority is highly valued and a person who is younger would normally initiate the "wai" a person who is older and the elder person would reciprocate the gesture by clasping their hands together without the bow. Ignoring or failing to return a wai is often seen as impolite. Since the wai is a core element of Thai etiquette, respecting it demonstrates an understanding and appreciation of local customs.

SPEAK CALMLY AND RESPECTFULLY

Thais generally speak softly and value calm, respectful tones. Even when addressing frustrations or complaints, keeping a controlled tone shows maturity and respect for others. Speaking loudly or displaying anger can be uncomfortable for locals, as it's often seen as a lack of self-control.

ADD POLITENESS MARKERS

Adding "krub" (for men) or "ka" (for women) to the end of sentences is a polite marker that softens speech and shows respect. Using these words when saying "thank you" or "hello" in Thai is a small gesture that locals appreciate. Politeness markers demonstrate an understanding of Thai etiquette and make your interactions smoother.

DON'TS IN THAILAND

Just as there are actions that are encouraged in Thailand, there are also behaviours to avoid. Thai culture has certain practices and gestures that can be seen as disrespectful. By steering clear of these "don'ts," you'll be able to show respect for Thailand's customs and values and make the most out of your trip to the Kingdom.

DON'T POINT YOUR FEET AT PEOPLE OR SACRED OBJECTS

In Thailand, feet are considered the lowest and least clean part of the body, so avoid pointing them at anyone or any sacred object, like Buddha statues. Pointing your feet toward others, particularly in temples, can be seen as highly disrespectful. This simple oversight may result in uncomfortable situations or, at worst, offense.

DON'T TOUCH PEOPLE'S HEADS

Avoid touching anyone's head, even as a friendly gesture, including children. Thais view the head as the most sacred part of the body, and touching it is rarely appropriate. Casual head-touching can come across as intrusive or disrespectful.

DON'T PUT YOUR FEET UP

Avoid raising your feet on chairs, tables, or any elevated surfaces. This also includes refraining from showing the soles of your feet in public. Placing your feet in raised positions or pointing the soles at people can be seen as an act of disrespect.

LIMIT PUBLIC DISPLAYS OF AFFECTION

Thailand is for the most part conservative regarding public displays of affection. While hand-holding is usually accepted, more intimate gestures such as kissing, may be frowned upon. Displays of affection may even attract negative attention.

AVOID DISPLAYING ANGER IN PUBLIC

Even when faced with frustrations, try to avoid raising your voice or showing anger in public. Losing your temper publicly is often viewed as a lack of self-control and may cause others to feel uncomfortable or embarrassed. A calm, respectful approach is always appreciated.

DON'T STEP OVER PEOPLE OR FOOD

In Thailand, stepping over people or items like food is considered rude. Try to avoid stepping over anyone, especially in crowded places. Stepping over someone is seen as disrespectful and can cause offense, as it implies disregard.

DON'T TOUCH OR SIT ON BUDDHA STATUES

Avoid touching, climbing, or sitting on Buddha statues or sacred items. This applies both in temples and in public spaces where Buddha Images are often displayed. Disrespecting Buddha Images is offensive and can lead to confrontations or even legal repercussions. Showing respect toward these sacred objects is essential for a positive experience.

BASIC GREETINGS IN THAI

It's always a good idea to know some new phrases when you travel to a new destination. If you want to avoid being targeted as a tourist, the delivery of those phrases is just as important. Here are some phrases that will help you sound less of a foreign tourist and more like someone who lives here in Thailand - get these phrases down and you'll be sounding much more like a local and if you're lucky, get local prices when you're bargaining on the street.

1. SAWAT DEE

Let's start with this greeting phase that you'll hear morning, noon and night. A general rule of thumb here is if you are male, you add Khrup (rhymes with cup - starting with a high pitch and going higher) to the end of a sentence to sound polite and if you're a lady, you add 'Kha' (sounds like 'car' said by an Australian - with the pitch starting high and falling down low) for politeness.

John : Sawat Dee Khrup

Jane : Sawat Dee Kha

No need to emphasize too much on 'R' in Khrup. Only TV hosts do that for show. Normal Thais might even just go with 'Kup' '

2. PEN YANG NGAI BÂNG? (HOW ARE YOU)

'Sabai Dee mai' works as well ... but if you really want to sound like a local 'Pen Yang Ngai Bang' would do a better job. This phrase has the feel of a casual 'How are you going'? In Australian English, or 'What's up?' in American English.

3. GIN KHAO REU YANG? (HAVE YOU EATEN ANYTHING?)

Why would people ask such a thing? Asking if someone has eaten yet is a very common way to greet people in this part of the world. As a land where food can be found on every corner and every time of the day, this is not a strange question. It means that we care. If you visit a Thai friend's house, it is common that they will ask you this question, if not by them directly, certainly by their parents. If your answer is 'No' - 'Yang Mai Dai Gin (Khrup / Kha)? They will almost certainly feed you.

4. AN NI (RA KHA) TAO RAI? (HOW MUCH DOES THIS COST)

This one needs a hand gesture to make it more effective. Point at an object that you want to buy or want to know the price of, and say 'An ni tao rai?' Don't forget Khrup at the end if you are a man, and Kha if you are a woman'.

In Thai, just like in English, we have counter or 'measure' words like 'loaves' of bread, or a 'herd' of goats. The generic counter word for things in general is 'an', so in this sentence 'An ni' means 'This one [counter word] - How much? The word 'RaKha' means 'price', so given the context it's an optional word.

Other measure words include 'pon' for oranges, things in pairs like shoes and socks are counted as 'koo', and pieces of things like cake are counted in 'chin' as their unit. ... but Aun ni can be used in general. Have a play around with different measure words while you're in Thailand - see how many you can find.

5. PAI ..... (I WANT TO GO TO ...)

When you need to tell a driver to go to Centara Ladprao, to say it like a local just say 'Bpai Centara Ladprao' and that's that. No need to complicate things by adding more words. The word 'Bpai' meaning to go is sufficient, followed by the place you're going.

Make sure to speak slow if the place you go to has some English name in it, as the 'Tinglish' way to pronounce English words might render the English words almost incomprehensible to a native English speaker not accustomed to 'Tinglish', and likewise if you pronounce a word in English like you would back home, even if they knew that word in writing, it might be very hard for them to understand you. Better yet, check with someone how is it is pronounced locally and then try your hand at the local pronunciation. If you want to go to Central, you may want to say it Sen Tun (rhymes with bun), and not Central (In Thai, final L and R almost always become 'N', and clustered consonants like 'tr' in 'Central' usually end up having the 2nd letter in the cluster eliminated.

6. KHOB KHUN (THANK YOU)

Need we say more about the importance of this phase? This simple phrase goes a long way. So, make sure you say it right and sounds nice and genuine.

Male: Khob Khun Khrup

Female: Khob Khun Kha

7. MAI AOW (I DON'T WANT ...)

You might find this one of the most useful phrases as you travel throughout Thailand - whether it's people trying to sell you things, asking you to go with them or when you're in a restaurant placing an order, saying what you want and don't want is easy.

If you **WANT** something, use the word 'Aow' followed by what you want.

Aow Nam Khaeng - I would like ice (notice how you don't need to say the word for 'I').

If you **DON'T WANT** something, just put the word for 'no' or 'negative'- 'mai', in front:

Mai Aow Nam Khaeng - I don't want Ice

Some other useful 'don't wants' include:

Don't want sugar - Mai aow namtan

Don't want spicy - Mai aow phed

If you just want to say 'I don't want it' - Mai Aow Khrup / Kha works as well, but it also requires a hand gesture or head shakes to go with it. Remember - Khrup and Kha will always make whatever you're saying sound much more polite - and is the norm when Thai strangers speak with each other.

8. KHOR .... I WOULD LIKE

Being able to request something in a local language helps when traveling. The word 'Khor' can be used not only asking for food, but for making any request.

May I have a late check out? - Khor Late Check-Out duay dai mai Kha? (Could I request for late check out please) I want more sugar please - Khor Namtarn duay dai mai Kha?

I want more chilli - Khor Phrik duai dai mai Kha?

Or if you want to sound a bit more demanding

I want more fish sauce - Khor Nam Pla noi Kha?

I want more bread- Khor Khanom Bpang duay Kha?

9. MAI PEN RAI (IT'S OK / IT DOESN'T MATTER)

To refuse an offer officially or in a more polite manner, you say 'Mai Bpen Rai'

Staff: Rup Khao Perm Mai Kha? (Would you like to have some more rice?) - (Direct translation is 'Would you like to add more rice ?)

John : Mai Pen Rai Khrup

Jane : Mai Aow Kha

Both John and Jane are correct and both phases are very common for locals - but John sounds a bit more formal.

10. JER GUN KHRAW NA (SEE YOU LATER)

Party is over and it's time for you to say goodbye to your local friends. Saying 'see you later' is like a promise that one doesn't need to commit to but it sounds nice for you and those you left behind.

Jer Gun Khraw Na - See you next time (no specific time)

So when you are leaving the staff at your hotel who have now become your friends, you say to them 'Jer Gun Kraw Na Kha / Khrup' ... or if you have become very close and built a very strong bond you can just skip Kha / Khrup and say 'Jer Gun Kraw Na [name of staff]'

EATING IN THAILAND

From personal experience, and we have eaten many foods in many countries from the street vendors - my only two instances of food poisoning have been from supposedly reputable 4 star restaurants, neither of which were in Thailand!
That said, it is always best to exercise good sense when eating street food - but don't let your eyes stop you tasting some of the best food you will ever experience!

So, when it comes to eating out, particularly from street vendors in a tropical climate, some simple yet effective principles can make all the difference:

"Cook It Hot, Peel It, Boil It, or Forget It"

This age-old adage remains the gold standard for food safety abroad.

Cook It Hot: Always choose food that is cooked fresh, in front of you, and served steaming hot. The heat kills most harmful bacteria. Avoid dishes that look like they've been sitting out for a while.

Peel It: If you're eating fruit, opt for varieties you can peel yourself (like bananas or mangoes). The skin acts as a protective barrier. Or make sure it is washed in fresh, clean water.

Boil It: When it comes to water or beverages, ensure they are boiled (like in tea or coffee) or are from sealed, reputable bottles. Avoid tap water and ice made from questionable sources.

Forget It: If in doubt, don't eat it. Your gut instinct is often your best guide.

LASTLY - Keep your hands CLEAN:
It might go without saying but you are touching things almost everywhere you go, that someone else has touched. The metro, bus, handrails, money etc.
Most cases of upset tummy are not from the food itself but from you contaminating it with your own unclean hands. Carry hand sanitiser (or biodegradable wipes) and always wash hands before you eat.

Welcome to Bangkok



SOFITEL BANGKOK SUKHUMVIT

FRENCH LUXURY AND LOCAL CUISINE IN THE WORLD'S MOST EXCITING CITY

Sofitel Bangkok Sukhumvit, the flagship of Sofitel Hotels in Southeast Asia, brings refined French elegance to Bangkok. This iconic 32-storey hotel, inspired by art deco, is ideally located in the vibrant downtown Sukhumvit area, making it the perfect choice for tourists and travellers seeking a luxurious stay in the heart of Bangkok. The luxury 5-star hotel also features renowned restaurants such as Belga Rooftop Bar & Brasserie, Maison Mizuki, and Bella Sera.

With Sofitel Bangkok Sukhumvit's skywalk bridge, the luxury hotel is directly connected to BTS Asok, MRT Sukhumvit, and the Terminal 21 mall. Explore vibrant entertainment venues, trendy bars, restaurants, and shopping malls. Located in the heart of Southeast Asia, Bangkok is a modern and lively city with a variety of tourist attractions and activities to do! Take a casual stroll through Benjasiri Park where many interesting Thai sculptures are found across the park.

If you're into the nightlife then visit a famous red-light district in Sukhumvit, Soi Cowboy. Decorated with flashing neon lights across the entire streetscape, hop into one of the many bars or clubs for quality drinks and fun.

"Please join us on a Magnifique voyage to the tropical splendour of Bangkok, Thailand. We look forward to welcoming you with a blend of refined French "art de vivre" and warm Thai hospitality."

Oliver Schnatz, Hotel Management







SOFITEL
LUXURY HOTELS


Narry Bespoke | Tailor Bangkok
4.9★ (971) ·
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Soi Sukhumvit 8
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Top rated sp in Bangkok
Franca | Modern

Wednesday 13th January

DAY 1 - Arrival into Bangkok

Your rendezvous point is the hotel lobby/reception. Your details will already be with the check-in staff so that the check-in process is more streamlined for you - all rooms will be assigned upon arrival. A local number will be provided on the WhatsApp group to contact us upon arrival at the hotel.
Following check-in we will do a small exploration in local area and you will be given a metro card for use on train/bus.

BANGKOK NIGHT LIGHTS TUK TUK TOUR

**** Rendezvous in the hotel lobby at 4.30pm for 5pm pick-up (TBC)***

When people think of Bangkok, the food scene and specifically street food, are one of the first things that come to mind. Eating is an integral part of the local culture, and a Thai food tour in Bangkok is a great way to help you understand the local way of life and the eating habits. Plus you get to sample some really yummy foods!
Combining local food and tuk tuks! On this evening food tour of Bangkok, we combine them for a fantastic evening of eating with adventure, as we hop around Bangkok's food scene by tuk tuk. You will eat at a selection of local street food vendors and restaurants. Your evening will include a fabulous local tuk tuk ride to experience the culture, temples, market and food at street level - taking in all the sounds, smells, lights and buzz of the city. (4 hours).

The route stops at the following places:
Appetizers in Tha Din Daeng
Surprise food stop
Jim Joom (Hot Pot Thai Style)
A break for sightseeing
Noodles of the day
Dessert in Chinatown
Drop back at hotel



WHAT TO WEAR
It will be warm and humid, and we will be jumping in and out of a small vehicle to eat and take in the sights. Wear comfortable shoes, light clothing and be prepared to eat some incredible local delicacies!

WHAT TO BRING
EVENING: Water, camera and your curiosity!

Thursday 14th January

DAY 2 - GRAND PALACE & CULTURAL SIGHTS / ROOFTOP DINNER & COCKTAILS

AM: Breakfast at hotel and rendezvous in the lobby at 8.15am for 8.30am departure

We will leave the hotel and travel by metro to discover some of the most famous sights in Bangkok - Wat Pho, Wat Arun and golden buddhas and temples.
Wat Pho is one of Bangkok's oldest temples and existed before Bangkok was established as the nation's capital by King Rama I. It is one of the largest wats in the City, covering around 8 hectares (20 acres) with over 1,000 Buddha images, 95 Chedis, 24 small rock gardens, four viharas, two belfries, a Bodhi tree and the more than occasional temple cat – essentially a travel photographers' dream. Wat Pho however is not just a temple with a statute of Buddha having a snooze.
The elongated Buddha, Phra Buddha Saitas, is 46m (150ft) long and 16m (50ft) high and represents Buddha just before his entry into Nirvana at the end of his reincarnations. The golden feet of the Buddha are 3m (10ft) high and 4.5m (15ft) long, and inlaid with mother-of-pearl. The soles are divided into the 108 auspicious symbols/actions that led Buddha to achieve Nirvana.
Like most Buddhist temples there is a dress code, although not as strict as the Grand Palace, it is enforced. So ensure your knees and shoulders are fully covered (no tank tops or sleeveless shirts), don't wear shirts portraying religious themes or symbols of death and avoid stretch pants (yoga pants, bike pants etc) or any other revealing clothing.

We will return to the hotel and you are free to spend the afternoon shopping in nearby malls and street markets, just walking distance from the hotel - or if you need some downtime, the pool or gym are on site for you to enjoy.

PM: Freshen up and rendezvous in the lobby at 5.30pm for 5.45pm departure

We will take a short walk to the venue for our 6pm cocktails and rooftop dinner overlooking the twinkling city lights below. You will be immersed in the spectacular views of Bangkok by night at this vibrant rooftop space serving classic and creative cocktails, together with dinner and high-energy music.



WHAT TO WEAR

DAY: It will be hot and humid, and we will be on and off public transport and walking around temples and streets. Wear comfortable shoes, light clothing, hat ... and be prepared to cover up for entry into any religious buildings (please avoid leggings/yoga pants). Carry a light sarong and long sleeve shirt/top and socks if you don't like walking around in bare feet.
EVENING: Smart casual. Or as posh as you like!

WHAT TO BRING

DAY: Your metro card. Money (cash/card). Water. Sun tan lotion. Camera
EVENING: Your dancing shoes!

Friday 15th January

DAY 3 - LONG TAIL BOAT TO FLOATING MARKET & CHINATOWN

AM: Breakfast at hotel and rendezvous in the lobby at 8.15am for 8.30am departure

We will leave the hotel and travel by metro to the river and climb aboard a traditional long-tail boat to explore the river and canals leading to the floating market taking in some historical parts of the city, exploring life on the canals we get a glimpse of how local Thais live. Once we reach the market we will stroll through the busy lanes with hawkers on every corner. We will take in the buzz and see boats lining the water's edges - locals cooking, preparing, and living life on the narrow waterway. Lunch will be whatever we fancy as we explore the hundreds of options available.

PM: Freshen up and rendezvous in the lobby at 6.30pm for 6.45pm departure

We will take a short ride and then walk through the naroor alleys and streets to Little India and finally Chinatwon where the street food markets are in full swing! Your dinner this evening will be al fresco, but not what you might expect! Dai Pai Dong is street dining! Plastic chairs, metal tables and all the buzz of eating in the street surrounded by the bright lights, delicious smells wafting by and a whole table full of an incredible variety of the freshest food you will ever experience.

WHAT TO WEAR

DAY: It will be hot and humid, and we will be on and off the river and public transport and walking around markets.
Wear comfortable shoes, light clothing, hat ... and be prepared to cover up for entry into any religious buildings (please avoid leggings/yoga pants). Carry a light sarong and long sleeve shirt/top and socks if you don't like walking around in bare feet.
EVENING: Casual

WHAT TO BRING

DAY: Your metro card. Money (cash/card). Water. Sun tan lotion. Camera
EVENING: Your most adventurous palate!



Welcome to Hua Hin



Saturday 16th January

DAY 4 - JOURNEY SOUTH TO HUA HIN - SUNSET DINNER CRUISE

AM: Breakfast at hotel and rendezvous in the lobby at 8.45am for 9.00am departure

Transfer by coach to Hua Hin (Drive is approx 3 hours with a loo stop halfway). We will arrive at Pa Prai Villas, located on a pineapple plantation, to check you into your rooms, unpack and enjoy a light lunch and gather for a 30 minute gentle yet energizing yoga session by the pool.

PM: Freshen up and rendezvous in the lobby at 2.45pm for 3.00pm departure

The afternoon and evening dinner will be spent on the water on the Siamtara Sunset Sailing Dinner Cruise - a traditional wooden sail boat with a scenic sail along Hua Hin, Kao Takiab, and Kao Tao for a relaxed dining and scenic experience approx. 4 hours. You can take part in paddle boarding, kayaking, and a refreshing stop for swimming. Floating gear, buoy, foam sticks, mattress, pillow, and a swimming board are provided, ensuring a range of fun and leisurely activities while sailing followed by a buffet dinner featuring local Thai cuisine.

WHAT TO WEAR

DAY: The bus is air-conditioned so you will be cool and comfortable for the 3 hour drive to Hua Hin. (perhaps toilet paper for the petrol station loo break)
CRUISE: Casual/wet and dry clothes.

WHAT TO BRING

DAY: Money (cash/card). Water. Sun tan lotion. Camera
CRUISE: Your swimsuit, suntan lotion, hat and a sense of fun!



Sunday 17th January

DAY 5 - SQUID & SUNDOWNERS

AM: Breakfast - then rendezvous in the lobby at 8.45am for 9.00am departure

Surrounded by the beauty of Thailand, we will head to the peace and tranquility of the nearby beach to practice yoga. An opportunity to reconnect with yourself through mindful movement, breathwork and moments of stillness before stepping into the day's adventures, then explore the local village of Pratchuap kirikhan and enjoy a 'proper' coffee at a local coffee shop. We will move on to see the local industry of squid fishing, drying, packing and see the food market before taking lunch at a seafood restaurant on the beach. Sand between your toes, a crisp, ice cold Chang beer and a view of the sea with the freshest seafood served straight from the sea, to the kitchen, to your table.

PM: Freshen up and rendezvous in the lobby at 5.45pm for 6.00pm departure

After lunch you will return to the villas to enjoy a relaxing massage in your room and prepare for the evening.
Put on your gladrags, we are heading by coach for dinner and cocktails at Praça, Hua Hin's most stylish beach bar and restaurant.
Praça, at The Standard Hua Hin, offers Thai izakaya-style dining in a beautifully restored beach house once used by Thai royalty. With ocean views, a relaxed ambiance, and award-winning cuisine, it's perfect for sharing flavourful dishes and enjoying creative cocktails like the bold Fire & Ice by the sea - which we will most certainly do!



WHAT TO WEAR

DAY: It will be hot and humid, and we will be on and off the river and public transport and walking around markets.
Wear comfortable shoes, light clothing, hat ... and be prepared to cover up for entry into any religious buildings (please avoid leggings/yoga pants). Carry a light sarong and long sleeve shirt/top and socks if you don't like walking around in bare feet.
EVENING: Smart casual or as fancy as you fancy!

WHAT TO BRING

DAY: Money (cash/card). Water. Sun tan lotion. Camera
EVENING: Nothing needed but your presence

Monday 18th January

DAY 6 - COOKING & CICADAS

AM: Breakfast - then rendezvous in the lobby at 8.15am for 8.30am departure

Today we will drive (20 mins) to the town of Hua Hin and discover the secrets of Thai cuisine in a cooking class. We will visit the 100 year old market to collect our produce and learn about all of the ingredients, then back into the kitchen to prepare for a feast which will be our lunch for today!
In the afternoon on the drive back to the villas, we will visit Khao Takiab, Ratchapak Park, an artists' village and the Hin Lek Fai Viewpoint where we might encounter some cheeky monkeys!

PM: Freshen up and rendezvous in the lobby at 5.45pm for 6.00pm departure

This evening we go back into Hua Hin and visit the Cicada Market - a night market that combines contemporary art, inventions, handmade work, home decorations, clothes and food!
You can buy unique items and souvenirs and unlike other markets, Cicada Market has collected contemporary art, artefacts, handmade items, home furnishings, clothes, second-hand appliances and SMEs products with creative ideas to show and sell to visitors. The Market is divided into 4 zones. The first zone is the "A la mode & Idea Shop", a handmade zone. The second zone is the "Amphitheatre", the semicircle outdoor stage for live performances. The third zone is the "Art Factory", which collects art products to sell at a reasonable price, and the fourth zone is "Cuisine", which is a Thai and international street food.



WHAT TO WEAR

DAY: It will be hot and humid, and the cooking area may get hot due to the paste pounding and crazy wok work!
Wear comfortable shoes, light clothing - you will have an apron. Carry a light sarong and long sleeve shirt/top and socks if you don't like walking around in bare feet for our visit to the beach side temples in the afternoon.
EVENING: Casual

WHAT TO BRING

DAY: Money (cash/card). Water. Sun tan lotion. Camera
EVENING: Money (cash/card). Water. Camera

Tuesday 19th January

DAY 7 - ON THE WILD SIDE

AM: Breakfast - then rendezvous in the lobby at 8.45am for 9.00am poolside yoga

Today invites a slower rhythm. Begin with a yoga practice overlooking the pool followed by a rejuvenating massage.

AM: Rendezvous in the lobby at 11.45am for 12.00pm departure

This afternoon we will go (by coach 1.5hrs) on a half-day wildlife watching tour in Kui Buri National Park. We will (hopefully) get to see wild elephants, gaurs, and leopards in their natural habitat and be given a guided tour from one of the park rangers. Even though Kui Buri is the best place in Thailand for observing wild Asian Elephants. Like with all wildlife, nothing is guaranteed in the wild. On a bit over 95% of the Kui Buri tours, elephants have been seen. That's a very high success rate, but it still means there's a small chance you may not see any elephants. Please, keep that in mind. Gaur has been seen on about 87-88% of our trips with a bit more seasonal variation than the elephants. In the drier time of the year (December - April) Gaur sightings are inconsistent. Whereas in the wetter time of year, some months we even had success with Gaur sightings on 100% of our tours. This will be followed by a local Thai buffet dinner (3.5 hours)

WHAT TO WEAR

DAY: It will be hot and humid, and you will be in an open-top vehicle, getting in and out at various spots.
Wear comfortable shoes, light clothing and possibly take a hat.

WHAT TO BRING

DAY: Money (cash/card). Water. Sun tan lotion. Camera



Wednesday 20th January

DAY 8 - MONSOON VALLEY WINE TOUR AND LUNCH

AM: Breakfast - then rendezvous in the lobby at 8.45am for 9.00am poolside yoga

Ease into the day with an outdoor yoga practice overlooking the pool followed by free time to rest and relax.

AM: Rendezvous in the lobby at 11.15am for 11.30pm departure

Today we visit (1 hr drive by coach) Thailand's largest vineyard, boasting a diverse collection of over 10 grape varietals. Spanning approximately 300 rai (100 hectares) of plantation area, this picturesque vineyard produces and exports over 300,000 bottles of wine annually. The vineyard offers an exquisite dining experience at The Sala, where delicious cuisine and superb wines are complemented by breathtaking views of the vineyard We will enjoy a wine tasting and tour of the vineyard followed by a delicious lunch overlooking the vines in the valley.

Once we return to the villas, we will enjoy a 45 minute meditation. An invitation to release tension, restore your energy, and to simply be. A massage will follow in the comfort of your room. Dinner will be enjoyed poolside at the villas.

WHAT TO WEAR

DAY: Lunch will be on the covered outdoor terrace. Wear light clothing and possibly take a hat for the vineyard tour in a vehicle.

WHAT TO BRING

DAY: Money (cash/card). Water. Sun tan lotion. Camera



Thursday 21st January

DAY 9 - CAVES & TEMPLES

AM: Breakfast - then rendezvous in the lobby at 7.45am for 8.00am departure

An early start and (1.5hr) drive takes us to Phraya Nakhon caves and local Sam Roy Yot national park. The Phraya Nakhon cave is one of the most mysterious and mystical landmarks of Thailand that resembles somewhat of a film set located in Khao Sam Roi Yot National Park in Prachuap Khiri Khan province. The cave is famous due to the Kuha Kharuehat pavilion hidden within it built at the end of the 19th century for the visit of King Chulalongkorn the Great (Rama V). Since its construction the pavilion has been embraced by both Thai royalty and the public.
First step to reach the cave is to drive to the small village of Bang Pu located by the beach, and from there we walk a 30 minutes trek above the hill leading to the same Laem Sala beach. A 430m ascending trail results in one of the most spectacular temples in Thailand. There are two caves connected by a wooden bridge and both benefit from holes within the ceiling illuminating inside with a radiant glow allowing trees and vegetation to flourish on a hilltop with the pavilion at the heart of such a surreal environment. A truly magical experience!

PM: Rendezvous in the lobby at 5.00pm for poolside yoga

This evening we will drive back into Hua Hin for a seafood dinner in pier restaurant jutting into the sea and for an opportunity for any last minute shoppers wanting to fill their suitcases a little more!



WHAT TO WEAR

DAY: This morning is the most strenuous of the itinerary! Be prepared for a steep ascent to the caves - but worth the climb once we get there. Wear sports clothing and trainers (not sandals). Carry a light sarong and long sleeve shirt/top for any temple entries.

WHAT TO BRING

DAY: Money (cash/card). Water. Sun tan lotion. Camera
EVENING: Money (cash/card). Water. An extra bag?? Camera

Friday 22nd January

DAY 10 - NORTH TO BANGKOK

AM: Breakfast - then rendezvous in the lobby at 8.45am for 9.00am departure

Transfer by coach back to Bangkok for onward travel or flights home. (A 3 hour drive with a break around halfway for drink and loo visit).
See beginning information for departure guide/advice.

WHAT TO WEAR
DAY: Travelling clothes/onward journey attire.

WHAT TO BRING
DAY: Everything! (perhaps toilet paper for the petrol station loo break)



IMPORTANT NUMBERS

THE EMBASSY OF THE UNITED STATES IN BANGKOK is the diplomatic mission representing the United States in Thailand. At 11 acres, the embassy is the fourth largest US diplomatic mission, after Baghdad, Yerevan, and Beijing. Sean O'Neill is the current US Ambassador to Thailand, serving since November 2025.
Address: 95 Witthayu Rd, Lumphini, Pathum Wan, Bangkok 10330, Thailand
Phone: +66 2 205 4000

POLICE AND EMERGENCIES – 191 (THAILAND)
Thailand has made 191 the main call centre for all emergencies. Think of it like 911 or 999, but with a catch – the operator may not speak English. If you can't communicate, hang up and call 1155 (Tourist Police) instead. They'll translate and dispatch for you.

SOFITEL BANGKOK SUKHUMVIT (BANGKOK)
Address: 189 Sukhumvit Rd, Khlong Toei Nuea, Watthana, Bangkok 10110, Thailand
Phone: +66 2 126 9999

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We wish you a fantastic adventure!