



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 in Bangkok, or snorkeling and swimming in the transparent waters of the Thai islands? Doing it all alongside other intrepid solo travelers—and returning home with a whole new group of friends. This Solo Tour will sweep you from Thailand's biggest city to its largest island—and if you add the extension to Chiang Mai, you'll get to add lush rice paddies and a thriving elephant sanctuary to that list.



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 cruise
- Damnoen Saduak Floating Market
- Maeklong Railway Market
- Organic Thai farm visit
- Amulet Market
- Chinpracha House
- Phi Phi Island cruise

Tour pace

On this guided tour, you'll walk for at least two 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! As you arrive at your hotel tonight, you might receive a wai: a traditional greeting where the hands are placed in a prayer-like position, followed by a gentle bow of the head. Return the greeting (or offer a warm smile back), then settle into your room.

Day 3: Sightseeing tour of Bangkok

Included meals: breakfast, welcome lunch, tasting

Join your Tour Director for a sightseeing tour of Bangkok, the bustling capital city set on the banks of the Chao Phraya River.

- Explore the sprawling Grand Palace, home to the kings of Siam from 1782 to 1925. The landmark's exterior elegantly blends traditional Thai architecture with inspiration from the European Renaissance.
- While roaming the complex, pass by Wat Phra Kaew. Also known as the Temple of the Emerald Buddha, this structure is the spiritual core of Thai Buddhism and a pilgrimage site for the devout.
- Step inside the Temple of the Reclining Buddha, or Wat Pho, to admire the grandeur of the gilded, 150-foot-long statue depicting the Buddha's passing and attainment of nirvana. (It's the biggest reclining Buddha statue in the city!)
- Look over the nearby flower market's rainbow-hued rows of blooms before taking a walking tour of the Chinatown neighborhood, one of the largest in the world. It's bursting with food stalls, ornate temples, and the rich history of its immigrants; take it all in as you go.
- Visit the Amulet Market. Blessed by Buddhist

monks, these charms are believed to protect their wearers from harm and, in some cases, bring good fortune. Learn about their cultural significance, then shop around and see if any call to you.

Pause for an included welcome lunch, then tour the city's canals, or klongs, on a converted rice barge, sampling local fruits as you do. Finally, end your first full day on tour with an evening mixer and share your favorite moments so far.

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

Included meals: breakfast, tasting

Leave the bustle of Bangkok behind for a day and go to the city's outskirts. Then, dive into a pair of uniquely Thai sites.

- Climb aboard a long-tail boat and glide past villages to the canal-crossed Damnoen Saduak Floating Market. Here, shoppers and merchants do business on the water, placing orders and transferring goods between vessels.
- Swap water for land, and one shopping hub for another, when you visit the Maeklong Railway Market. Built on an active rail line, it experiences a flurry of activity whenever a train comes rumbling by. Vendors will hurriedly pack up their stalls and duck out of the way; once the locomotive passes, they set back up and keep on selling.

From there, continue to a local organic farm to learn about eco-friendly agricultural practices from the farmers who till the land. Sample freshly picked fruit and a refreshing coconut drink; take part in a hands-on planting workshop to help your visit leave a lasting, positive impact; then head back to your hotel for some well-earned rest.

Craving some of Thailand's world-famous cuisine for dinner? Link up with your Tour Director on our optional evening excursion and eat your way through one of Bangkok's night markets.

+ Food of Bangkok Walking Tour

Phuket → 3 nights

Day 5: Flight to Phuket & walking tour

Included meals: breakfast, tasting, dinner

Fly to Phuket this morning—Thailand's largest island, rising out of the Andaman Sea—then get to know this slice of heaven on a walking tour.

- Learn about Phuket's importance to trade routes between Europe and China, and how that cultural exchange helped shape the island today.
- Admire the restored, candy-colored shophouses along Dibuk Road in the Old Town. The cafe-lined street is a feast for the eyes.
- Spot the ornate, Sino-Portuguese-style Chinpracha House peeking through palm trees, then stop to sample regional snacks in a restored coffeehouse. Don't miss the o-aew, a shaved ice and jelly dessert that originated on the island.

Tonight, enjoy an included dinner, served with beer or wine, alongside your groupmates and gear up for tomorrow's island cruise.

Day 6: Phi Phi Island cruise & snorkeling

Included meals: breakfast, lunch

Looking for a textbook definition of paradise? You'd be hard-pressed to find a better example than the tropical Phi Phi Islands. Today, you'll board a speedboat to Phi Phi Don and spend some time hopping from beach to pristine beach with an expert guide.

- Dive into the crystal clear waters of the Andaman Sea for some snorkeling, and admire one of the world's most abundant coral reef systems up close.
- Gaze up at staggering limestone cliffs as you head to Monkey Island. Drop anchor to take some photos and keep an eye out for the island's resident long-tailed macaques. (They love the water as much as you do!)
- Soak in the laidback atmosphere of the islands as you enjoy an included lunch of local specialties, then motor back to Phuket.

Day 7: Free day in Phuket

Included meals: breakfast

Spend your last day in Phuket however you'd like. For more structure, push off the island on our optional excursion and cruise the jungle-crowned isles of Ao Phang Nga National Park. Alternatively, stay behind and see where the waves take you.

+ 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 and spend your free time exploring the city at your leisure. Tonight, head to a local restaurant and celebrate your trip with your fellow travelers during a farewell dinner, served with beer or wine.

Flight Home

Day 9: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport today, either for an international flight home or a domestic trip to Chiang Mai. Soaring mountain peaks and divine regional eats await should you choose the latter—and with a few more days in Thailand in the cards, why wouldn't you?

+ Chiang Mai & Bangkok extension

Propped up by the mountains of rugged northern Thailand, tranquil Chiang Mai offers a distinct experience compared to Bangkok and Phuket. You'll balance the buzz of the city's Night Market with the stillness of rice fields and the thump of elephants exploring their sanctuary home. And to cap it off, you'll spend one more night in Bangkok before going home.

Chiang Mai → 3 nights

Day 9: Flight to Chiang Mai & night market visit

Included meals: breakfast, tasting

Fly to Chiang Mai, Thailand's Rose of the North, this afternoon, and take some time to get situated.

Tonight, join your Tour Director to explore the Chiang Mai Night Market, a sprawling complex just outside the Old City's ancient walls. You're in for what's arguably the best night market experience in Thailand, where vendors sell everything from street food to clothing to antiques. Because prices here aren't fixed, the market is a beloved spot among bargain hunters, and you'll get plenty of free time to shop 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 group works with World Animal Protection, an animal rights nonprofit, to create a safe living environment for elephants and an educational experience for visitors.
- Walk along hillsides and through rice paddies, learning about Asian elephants as you watch them freely roam the sanctuary's grounds.
- Chat with the mahouts, or elephant caretakers, and enjoy a vegetarian meal overlooking the elephants' natural bathing spot.
- Help staffers prepare medicine and food for the gentle, giant residents.

Wrap up at ChangChill and look forward to your evening as you journey back to your hotel. Dig into a homemade dinner—and the finer aspects of Lanna, or Northern Thai, culture—on tonight's optional excursion, or set out on your own to track down a particular dish you've been craving. (Don't leave without trying the khao soi, a fragrant coconut curry noodle soup that's a Chiang Mai specialty.)

Please note: Travelers should wear comfortable walking shoes and be prepared to walk along uneven paths with some hills.

+ Lanna Family Home-Hosted Dinner

Day 11: Free day in Chiang Mai & cooking class

Included meals: breakfast, dinner

Rewind the clock during today's optional excursion and immerse yourself in traditional Thai life among the Mae Kampong hill tribe. Alternatively, stay behind and get to know Chiang Mai yourself. Highlights include the Old City: Protected by a wall, ringed by a moat, and packed with more than 300 temples, this cultural quarter showcases seven centuries of history.

This evening, venture to a secluded village in the rice fields surrounding Chiang Mai. There, you'll get to take part in a Thai cooking class. Follow local chefs as you learn how to prepare typical dishes, then enjoy your dinner, served with beer, alongside your fellow travelers.

+ Mae Kampong Hill Tribe: Village Visit & Hike

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—distinguished by its gold leaf-covered, 160-foot-tall chedi, or stupa—to meet with a resident monk. They'll teach you about their faith and how they live, and you'll have the chance to ask them questions.

Later, fly back to Bangkok with your group for a farewell dinner, served with beer or wine.

Flight home

Day 13: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your early morning flight home.

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.com/TA6 | 1-800-597-0350

Day 4: Food of Bangkok Walking Tour

\$115/\$125* (3 hours, departs in the evening)

When night falls in Bangkok, its 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, and soups 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.

mountains. Travelers should be prepared for muddy and/or wet conditions during the rainy season.

Day 7: Phang Nga Bay Cruise & James Bond Island

\$145/\$155* (8 hours, departs in the morning, includes lunch)

Board a speedboat from Phuket Island and cruise around Ao Phang Nga Bay National Park, known for its towering limestone rock formations. After a guided sightseeing tour, 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 Khao Phing Kan: Also known as James Bond Island, it was made famous after being featured in the 1974 movie, "The Man With the Golden Gun."

Extension excursion options

Day 10: Lanna Family Home-Hosted Dinner

\$89/\$99* (4 hours, departs in the evening, dinner included)

Make your way outside of Chiang Mai, where you'll meet a Lanna family in their home. Join them on a tour of their orchards and land before sitting down to an open-air dinner in their garden. Enjoy a spread of traditional Thai dishes and make genuine connections, all while learning about Lanna culture and traditions from your hosts.

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

\$65/\$75* (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

*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.com/terms