

7 DAY NORTHERN THAILAND ADVENTURE



Experience a unique adventure taking you into the heart of 'off-the-beaten track' Northern Thailand as you journey by Tuk Tuk, boat and 4WD to be part of the 'real' Thailand, well away from the regular tourist trail and all the better for it.

This really is the perfect adventure for anyone with an interest in getting under the skin of this part of the world and for seeing and experiencing a really 'amazing Thailand'.

Highlights

- 2 nights living in a remote and rarely visited (by anyone let alone travellers) Karen mountain top village
- A jungle elephant observation experience – elephants in their natural habitat and a real privilege to be able to see
- Travelling by boat along the Moei river, the border between Thailand and Myanmar
- Exploring mountain 'back roads' by specially built Tuk Tuk
- Trekking in the foothills of Doi Inthanon, Thailand's highest mountain
- A small group experience – minimum 2 travellers, maximum 10 travellers ensuring a very personal experience throughout.
- A genuine off the beaten track experience in the heart of Northern Thailand, putting you right in touch with the communities and life in this wonderful part of the world and keeping you a million miles from the regular tourist trail

Who is the trip for?

Whilst this is an 'adventure' it is a travel experience with high quality guides, very high levels of service and is open to all. There are no major fitness requirements, no special kit or training



required, rather the most important attribute is to have a genuine interest to experience the very best of Northern Thailand, her culture, food and the genuine warmth of the mountain communities. Our travellers range from people in their 60's and 70's and adventurous families with children, to groups of friends of all ages and young travellers heading out to discover the world. We've found that all get on as the experience is so unique and so 'different' that it attracts interesting and interested people of a similar nature irrespective of age group.

We do have a 'packing list' at the end of the itinerary but the most important thing to bring with you is a sense of fun and adventure.

DETAILED ITINERARY:

DAY 1: TUK TUKS, TEMPLES, ELEPHANTS, RAFTING AND A NORTHERN THAI WELCOME

Our team will pick you up from The Chiang Mai Gate Hotel (our meeting point) at 09:00 to get this unique adventure started. You'll then transfer by private minivan to your base for the next two days, Mae Wang, around 60 minutes South of the city.

Once in Mae Wang the adventure really gets started. You'll be introduced to your Tuk Tuk (your vehicle for the next 4 days!), guide team and drivers and then head straight off to start experiencing rural Chiang Mai. Heading through small farming villages our first stop is the remote mountain side Temple of Wat Tham Nam Hu where you'll have the chance to learn about Buddhism, the life of the monks and also 'make merit' for the adventure ahead.



Next you follow the valley North through lovely scenery to a small, private elephant home. On arrival you'll be introduced to the elephants and their mahouts before sitting down to a tasty Thai lunch right next to the elephants. After lunch it's time to help the mahouts feed the elephants before then walking with them down to the local river where you can help bathe these lovely animals.



The elephants themselves decide when they've had enough and then it's time for you to take a slightly different mode of transport as we board bamboo rafts (with expert 'driver') to float gently downstream enjoying the cool water and breezes.



Finally you head back to the elephant home, say goodbye to the elephants and jump back in your Tuk Tuk to be driven gently back to your base for the night – the charming and relaxing Khum Khun Wang Resort.

In the evening you'll head out to a real 'country pub'. Very popular with the local community and with some of the best food you'll come across, a great night is ahead.

INCLUSIONS:

- Transfer from Chiang Mai city to Mae Wang
- Your own Tuk Tuk (2 travellers per vehicle) and driver
- Rural village and Temple visits
- Elephant Home activities
- Bamboo rafting
- Twin / double accommodation – en-suite, air-conditioning, wi-fi
- Lunch and Dinner
- Drinking water throughout the day
- Expert guide team with you throughout the adventure



DAY 2: KAREN HILL TRIBES, REMOTE MOUNTAIN ROADS AND THAILAND'S HIGHEST POINT

Heading off after breakfast the Tuk Tuk Convoy spends the day winding its way high up into the mountains today taking remote, rarely travelled, mountain roads giving a real sense of the beauty of this part of the world



Your first stop is the valley of Mae Sapok where you'll take a short hike through the forest to a very pretty waterfall, great to cool off by. The road then winds ever upwards with hairpin bends until you reach what feels like another world. It's noticeably cooler up here and the scenery is simply stunning. You pass through numerous small Karen farming communities and will stop for a late lunch at a small roadside eatery – it might not look like much but the food is, as always in Thailand, full of flavour. And remember, all along this journey you're in the prime position to experience everything. This isn't travel cut off from the world in an air-conditioned mini-van. The beauty of adventures by Tuk Tuk is that you can sense and smell everything as you pass by, you really are in the heart of the action.



You then continue to wind your way through the mountains to your overnight stop in the Karen Hill Tribe village of Mae Khlang Luang. This location of this village is awesome – looking out over rice fields, surrounded by forest and mountains it really is a special place and the family who run the accommodation for the night are some of the friendliest people you could wish to meet.

But that's not it for the day – once you've checked in you'll head by 'songtaew' (a local taxi!) to Thailand's highest peak, Doi Inthanon at over 2,500m. Taking in the huge Pagodas built in honour of



King Rama 9 and the Queen, you'll also explore the cloud forest before actually walking to the top of the mountain itself (don't worry – it's an easy walk suitable for everyone).



In the evening you'll enjoy a traditional Thai BBQ in the village whilst overlooking the rice fields. Travel doesn't get much better than this.

INCLUSIONS:

- Tuk Tuk and driver
- Expert, professional tour guide
- Visit to Mae Sapok
- National Park entry fees
- Visit to Doi Inthanon
- Breakfast, lunch and dinner
- Drinking water throughout the day
- Twin / Double accommodation in a simple rustic lodge in the Hill Tribe Community (NOTE – whilst the rooms are simple, they are clean, have en-suite facilities, wi-fi and hot showers. There is no air-conditioning but it's not needed this high in the mountains. And the simple nature of the rooms is more than made up for by the fantastic location and experience)

DAY 3: HIKING IN THE HILLS OF DOI INTHANON

A superb day hiking and exploring the forest surrounding the village. You'll head off around mid-morning by pick up truck to the start of the hike accompanied not only by your guide team but also a local forest expert.

The hike is only around 6km and you'll take it nice and easy meaning it's suitable for all. The first few hundred metres are uphill but after than the trail is either downhill or flat. You'll head through the towering forest, stopping to learn about how the local communities use different plants for traditional healing, and then reach fantastic waterfalls and follow the stream heading down the mountains.



Lunch is eaten in a forest clearing and there's even the opportunity to cool off swimming in the cool waters under one of the waterfalls.

Eventually you start to hit human habitation again and walk along rice terraces back to the village where you spent last night, stopping first for some of the freshest most traditional coffee you're ever likely to have had.



There's time to explore the village and learn about the life of the community before we have another Thai feast in the Hill Tribe village this evening.

INCLUSIONS

- Forest hike with expert local guide
- Expert, professional tour guide
- Breakfast, lunch and dinner
- Drinking water throughout the day
- Twin / Double accommodation in a simple rustic lodge in the Hill Tribe Community (NOTE – whilst the rooms are simple, they are clean, have en-suite facilities, wi-fi and hot showers. There is no air-conditioning but it's not needed this high in the mountains. And the simple nature of the rooms is more than made up for by the fantastic location and experience)

DAY 4: BACK ON THE ROAD – HEADING TOWARDS THE BORDER WITH MYANMAR



You're back on the road today as the Tuk Tuk convoy, expertly driven by our professional driving team, take you due West to Mae Sariang, your overnight destination. The route today starts by winding down the side of Doi Inthanon – fantastic roads and incredible views – and then you head through very remote countryside and areas that few overseas visitors ever see. There are plenty of stops at local coffee shops, viewpoints and just to stretch your legs before we have lunch in another great roadside eatery.



You then start climbing again and passing through more Hill Tribe communities before we start the descent to Mae Sariang.



Mae Sariang is a very pleasant small town which is effectively the last stop before the border with Myanmar. With a real ethnic mix in the community – from Thai to Karen, Hmong to Burmese – the town is a fascinating place to explore with very friendly locals. There are even a couple of great bars if you need a refreshing cold drink to end this adventurous day.

You'll stay in the best hotel in the town – River House Resort – which has pleasant rooms all with nice balconies and there's even a riverside swimming pool (who said adventures couldn't have a bit of luxury). In the evening it's time for yet more great Northern Thai food in the best restaurant in town.

INCLUSIONS:

- Tuk Tuk and driver
- Expert, professional tour guide
- Breakfast, lunch and dinner
- Drinking water throughout the day

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- Twin / double accommodation in a pleasant riverside hotel in Mae Sariang. En-suite facilities, air-conditioning, wi-fi and a swimming pool!

DAY 5: RIVERS, BORDERS AND A SERIOUSLY REMOTE MOUNTAIN VILLAGE

For the early birds this morning is a great opportunity to visit the local morning market, a fascinating experience, and you can also buy some food to donate to the Monks on their morning alms round – a real Thai tradition.

Then it's back to the hotel for breakfast before you say goodbye to our Tuk Tuks (and drivers) and start to next part of this adventure. You'll transfer a short way South by minivan before boarding a local 'long tail' boat which will take us down river to the community of Tha Song Yang. The river is the exact border between Thailand and Myanmar and winds its way through jagged cliffs and forested hills with the odd small community making a simple living on the river banks. Some great photo opportunities and a real travel experience as we head down river for around 3 – 4 hours (with the odd stop to stretch your legs). NOTE – when the river conditions are not suitable this journey will be replaced by a minivan to Tha Song Yang (sometimes towards the end of the dry season there isn't enough water or in the middle of the rainy season the river may not be safe to navigate).



On arrival at Tha Song Yang you then transfer into 4WD vehicles to head high into some of the most remote mountains in the country to the Karen community which is your base for the next two nights. You'll soon see why 4WD vehicles are needed as rather than winding around the hills the road simply heads up and over any mountain in its way with incredible views and a real sense that you're heading into the wild. The trip takes around 60-90 minutes and is truly spectacular and there will be stops to stretch legs / take photos / soak up the scenery and atmosphere.

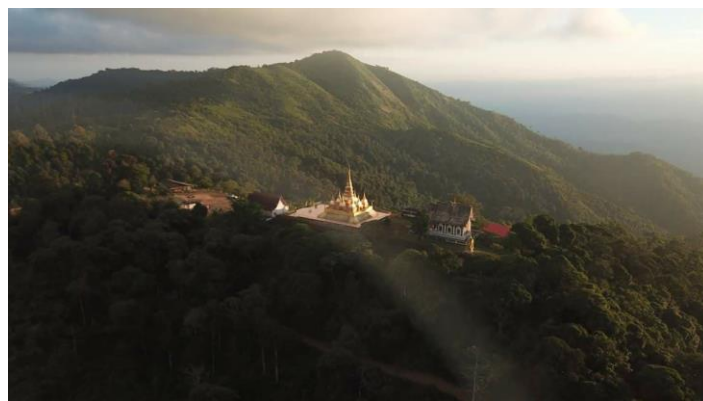


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By the middle of the afternoon you'll arrive at a very small mountain Karen settlement. Made up of around 20-30 families this community was the first to settle in the local area and is the highest village in the surrounding hills. The population have made their living through subsistence farming over the years and this is about as wild as you can get in Thailand. This community has only recently opened up to receive visitors and it's an immense privilege to be one of the pioneer visitors in such a stunning and remote area.

Whilst facilities are simple – you'll stay with different families in the community in curtained off rooms with mattresses on the floor and mosquito nets (don't worry – there is access to 'western' style toilets and simple shower facilities) – the experience more than makes up for it. It's incredibly rare to be able to even visit a community such as this, let alone stay with them.



When you arrive in the village you'll be joined by local experts who know the village inside out and speak English, Karen and Thai (many people in the village only speak Karen) to allow you to get the most out of this time. You'll explore the village, meet your hosts and then sit down with the local families to have a traditional mountain dinner together.

It's then time to sit out, look at the incredible stars from this high up and enjoy this incredible location.

INCLUSIONS:

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- All transfers and local long boat trip
- Expert, professional tour guide
- Remote Karen village experience and homestay
- Breakfast, lunch and dinner
- Drinking water throughout the day

DAY 6: ELEPHANTS IN THEIR NATURAL HABITAT – AND A REAL KAREN MOUNTAIN EXPERIENCE

After an early breakfast – village life starts early! – you will head out for what is a real highlight of this adventure, being able to observe elephants in their natural habitat. The community where you are staying have ‘owned’ elephants for generations and refuse to sell their elephants / rent them to the tourist camps in the lowlands (and your stay in the village goes a long way to helping the community ensure that they can sustain not only the village but also these wonderful animals) and today you will hike through the hills to observe the elephants going about their daily lives. The length of the hike depends on where the elephants are at any given time – the community send people to watch over the elephants making sure they don’t get ‘into trouble’ – but is usually around 90 minutes or so walking through the forest and mountain farmland. When you reach the elephants you can marvel at just how magnificent they are. You will be accompanied by expert mahouts who, through our translators, can tell you all about the history of these elephants and their relationship with the local community. Lunch will be in forest and in the afternoon you’ll hike back to the community picking various plants and vegetable that will be cooked up this evening for another amazing dinner.



The ‘wow’ moments aren’t quite over however. You’ll walk up to the mountain top Temple in the late afternoon perched on a ridge overlooking the hills into Myanmar and lived in by one solitary monk. A great opportunity to learn more about the importance of Buddhism in this part of the world to see, weather permitting, a spectacular sunset.



Then it's back to the village where everyone will work together – community and you – to cook a fantastic farewell feast, share stories and enjoy each others company. It really can't be stressed at just how incredible this village is – the number of visitors is highly regulated and there's a genuine sense of fascination and intrigue from both the community wanting to learn about their visitors and vice versa. The evening ends with yet more star gazing and a final night with your homestay family. Again, facilities are very simple (but clean) but the experience more than makes up for any lack of mod-cons.

INCLUSIONS

- Forest hike and elephant observation
- Expert, professional tour guide
- Mountain Temple visit
- Breakfast, lunch and dinner
- Local village expert and translator
- Drinking water throughout the day

DAY 7: TRANSFER TO MAE SOT AND THE END OF THE ADVENTURE

After breakfast it's time to say goodbye to our hosts of the last two nights, soak up the atmosphere one more time and then you jump into our 4WD's for the trip back down the mountains – just as exciting as on the way up – and to the town of Mae Sot where the adventure ends.

The transfer to Mae Sot takes around 2.5 hours and we'll arrive in the town by 2:00pm taking you either to the airport (it's less than an hours' flight to Bangkok from here) or to your hotel for the night. The adventure ends when we say goodbye at either your hotel or the airport as you begin the rest of your travels in Thailand and South East Asia.

INCLUSIONS

- Transfer from the mountain village to Mae Sot (drop offs at either the airport or any hotel in the city)
- Breakfast
- Expert, professional tour guide
- Drinking water



ADDITIONAL INFORMATION

INCLUSIONS:

- 6 nights accommodation – 2 nights in ¾* hotels, 2 nights in a rustic Hill Tribe village lodge and 2 nights homestay in a remote mountain community. In all cases rooms are on a double or twin share basis
- All activities listed in the itinerary
- All meals – 6 breakfasts, 6 lunches and 6 dinners
- Drinking water throughout the adventure
- An expert guide team with you throughout the adventure and additional local experts on the hike and remote mountain stay
- Transfer from Chiang Mai city at the start of the trip and to Mae Sot at the end
- All transfers throughout the trip – Tuk Tuk, long tailed boat, 4 WD and ‘songtaews’
- All National Park entry fees
- Local accident insurance
- A very real Northern Thailand Adventure!

EXCLUSIONS:

- Travel to Chiang Mai to join the trip and away from Mae Sot at the end of the trip
- Travel insurance – whilst we have local accident cover it’s essential you purchase a comprehensive travel insurance policy before you leave home
- Snacks and drinks (other than water)
- Any activities not listed in the itinerary

THE START AND END OF THE ADVENTURE

The adventure starts with our team meeting you at The Chiang Mai Gate Hotel in Chiang Mai city at 09:00. The hotel is well known and easy to find (or you can stay the night before!) and a very simple meeting place to get the adventure started.

At the end of the trip on Day 7 we take you to Mae Sot. Mae Sot is a major ‘town’ on the border with Myanmar and well placed for either adventures heading into Myanmar, exploring further mountain regions such as UmPhang (jumping off point for Thailand’s highest waterfalls, Thi Lo Su, or for travelling back to Bangkok and points South. There are up to 6 flights a day from Mae Sot to Bangkok taking just over an hour. We strongly recommend that you book a late afternoon / early evening flight and will make sure you are at Mae Sot’s lovely small airport in good time. Alternatively, if you’re staying overnight in Mae Sot we will drop you off at the hotel of your choice

TRANSPORT – AND WHY ON EARTH TRAVEL BY TUK TUK?

Tuk Tuks

This adventure uses a range of transport but the highlight is very definitely the specially built Tuk Tuks that take you through the mountains from Day 1 to Day 4. Whilst they are the classic Bangkok style Tuk Tuk of your imagination, they are slightly longer, giving you great leg room and slightly higher meaning that you can take in all the views without crouching down. The rear seats are very

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comfortable and benefit of course from nature's air-conditioning – the breeze as we cruise along these stunning roads. They also have a sunroof should you wish to take in some rays, walkie talkies – so you can chat to your fellow travellers – Bluetooth speakers in case you want to put together your ultimate road trip playlist and a cool box for your water and any other drinks you may want.

The reason we use Tuk Tuks is not only that they are Thailand's most iconic vehicle – and a lot of fun – but that they put you in the heart of the action. No more nodding off in an air-conditioned minivan as you whizz anonymously through the region, travelling by Tuk Tuk means you take in the full senses of the area. The smells, sites, sounds and people giving a very real travel experience.

And the added bonus is that Tuk Tuks are a novelty even for Thai people in the areas we head to ensuring that people are as interested in you and you are in them, breaking down so many barriers that otherwise exist in more traditional tours.

Our drivers are all highly experience Tuk Tuk drivers who know these roads inside out. We never travel at over 50kmh (often slower) meaning that you miss nothing and the journey is as much part of the adventure as the end points.

Long tail boat

On day 5 we head downriver for around 3 hours by simply long-tail boat. These are long, thin vessels usually with a truck engine at the back and a lengthy pole with the propeller on. Whilst not the height of luxury for this one journey it's an incredible way to experience the river running right along the border between Thailand and Myanmar.

Four Wheel Drives (4WD)

To get up to the mountain community on Day 5 we need powerful 4WD vehicles. Whilst the route is concrete all the way the road is very steep and winding and this is one of those occasions where 4WD is not for show. Our vehicles are driven by expert drivers who know the road inside out – they even do the trip in the dark, not that we'll be doing so!

ACCOMMODATION

Whilst we're passionate about adventure we also believe that a good night's sleep is very important and we choose the absolute best accommodation everywhere we stay, on the proviso that it's locally owned and staffed therefore directly benefitting the local economy. The very nature of this trip means that our overnight stays are in a variety of standard of accommodation, but as noted in the itinerary the privilege of spending time in such communities more than outweighs the simple nature of those nights accommodation

Night 1 – Khum Khun Wang Resort (or similar), Mae Wang, Chiang Mai

A lovely 3* locally owned rural 'resort'. Set in a colonial style house in a small village this is a lovely base for our first night of the adventure. Large rooms with en-suite facilities (bath and shower), air-conditioning, a fridge, terrace and wi-fi and a hotel full of character – not least the lovely local manager who does everything she can to make everyone feel at home



Nights 2 and 3 – Rustic lodge in Ban Mae Khlang Luang (near Doi Inthanon), Chiang Mai

Set in a small Karen Hill Tribe community our accommodation for these two nights is in simple but very clean wooden lodges, each with a great terrace overlooking the rice fields. Huge beds, super views, en-suite facilities (shower) but fan cooled rather than air-conditioning (note – at this altitude there's no need for air-conditioning). Wi-fi is also available. The lodge is on the edge of rice fields (some rooms are even 'in' the rice fields), surrounded by the forest and mountains making a very atmospheric place to stay, something added to by the lovely family who look after us during our time here.





Night 4 – River House Hotel (or similar), Mae Sariang, Mae Hong Son

Another locally owned and run hotel set in the heart of Mae Sariang right on the river running through it. The best hotel in the town, very pleasant rooms, nice beds and good en-suite facilities (shower), air-conditioning and wi-fi. There is also a riverside swimming pool - a little bit of luxury!



Nights 5 and 6 – remote mountain community, Mae Sot, Tak

Our accommodation for these two nights is very simple homestay style. You will have a curtained off room in a local families house with mattresses on the floor and mosquito nets to keep any bugs away. Bathrooms in the house are shared – although the community have also built ‘Western’ style facilities in the village for you – and simple but clean. This is basic but the families you stay with keep the rooms very clean and this is an incredible opportunity to share the lives of these tough mountain villagers. And without giving anything away, the kitchens (traditional and the same in every house) are worth the trip alone....



FOOD

All meals are included in this adventure and we can cater for most palates and requirements (ie vegan / vegetarian / lactose intolerant). Thailand is rightly famous for it's food but unfortunately in many 'touristed areas' it's harder and harder to come across the 'real deal' as restaurants and street stalls amend their recipes to attract less adventurous travellers. On this adventure the food is all very much the 'real deal' but don't worry – that doesn't mean it's all super spicy, far from it. From nights in village restaurants where we eat 'family style' (all sharing a number of dishes) to a

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traditional BBQ in the rice fields and then mountain feasts on Days 5 and 6, you are in for a real treat of local dishes, made from locally grown crops all prepared in the traditional way. If you enjoy spice, then there is enough to keep your eyes watering, and if you don't, don't worry there are still amazing flavours coming your way.

PACKING LIST

Whilst we're sure you know how to pack for your holidays, below are a few tips to help make sure you're set for the adventure

- Light, comfortable clothes – it can get quite hot in the valleys and the cooler your clothes are the more you'll enjoy the adventure
- A light sweater / jacket / trousers for the evenings – even at the hottest time of year it can be cool at night in the mountains and it's always worth having something warmer to put on
- NOTE – if you're travelling between November and February please bring at least one warm sweater / fleece / hat and trousers. Once the sun goes down in the mountains it can drop to 10C or even lower at times.
- Lightweight waterproof jacket – particularly if travelling between June and October, the 'rainy' season.
- Torch / head torch - whilst there are solar panels in the mountain community it's a good idea to have a torch / head torch for the two nights stay there
- Trainers / running shoes are appropriate for most days and you might also like to bring flip flops / sandals for the evenings / hotter days
- Hat and sunscreen – the sun is intense in this part of the world...
- Please note that when we visit Temples it's important to be respectful and dress modestly – this means covering the shoulders and not wearing shorts (mainly for women, sorry)

WHEN TO TRAVEL

An important factor when planning any adventure and we have three distinct seasons here in Northern Thailand, all offering interesting and different perspectives for you.

Winter – usually November through to February

Traditionally the most popular time of year to travel in the North, temperatures are cool (ranging from 25C to 30C during the day and anywhere from 10 or less to 20C at night), there's very little humidity and the skies are beautiful and blue. There is very little rain during this time of year and Thai people love heading to the mountains to enjoy the cool / cold weather. A wonderful time to explore but please note that it can get very cool in the mountains at night and sometimes drop below 10C or even below 5C (and there is no proper heating in any hotel / accommodation).

Summer – usually March through to May / June

The hottest time of year where temperatures in the lowlands can top 40C and even the mountains can be around 30C during the day. Fortunately the heat drops away in the evenings, particularly in the mountains to around 20C which is pretty much perfect. We do get the odd summer 'storm' with



torrential rain and lightning, celebrated by the locals who are always waiting for the rains and great to watch for the visitor.

The 'rainy' season

Traditionally the quietest time of year for travel in Northern Thailand but actually one of the best times to get out and explore. Within days of the rains coming the forest is suddenly green again, the rice is planted (and always looks amazing) and the waterfalls become huge and impressive once. Whilst occasionally it can rain all day, this is actually quite rare and it's more common to have a relatively brief downpour which freshens everything up in the late afternoon – and sometimes we may go 7-10 days with no rain at all.

Temperatures at this time of year are cooler than 'summer' with highs of early 30C's and lows overnight in the mountains of 17-22C or so.

A great time to explore and it sometimes feels like you have the whole region to yourself!

RESPONSIBLE TRAVEL

Responsible Travel may be a buzz word but it underpins everything that we believe and do in Northern Thailand. We are passionate about travel benefitting not only the traveller but also every community and region that we are lucky enough to enjoy.

All our partners on this trip are locally staffed, locally owned and money enters directly into the local economy creating job opportunities for local people as well as ensuring that local expertise is at our finger trips.

We ourselves live, work and play in the region and take our responsibility to the communities we travel through seriously. We ensure that all are paid fairly so that lives can be planned and families supported. We work alongside our partners to help them develop what they do, to support them in the constant development and improvement of what we can all offer and this takes place through good times and bad times.

From an environmental perspective, single use plastic is a huge issue in Thailand and any visitor to the country will see the enormous amounts of plastic waste throughout the country. We are single use plastic free and issue re-usable water containers for all travellers at the start of the trip. Clean water supplies are then provided meaning there is no need to use single-use plastic bottles. This has allowed us alone to take over 50,000 plastic bottles a year out of circulation.

CULTURE, COMMUNITY AND EXPECTATION SETTING

On this adventure we spend time alongside many traditional and remote communities from a range of different ethnic origins. We work closely with these communities to ensure that they are happy for us to visit and we promise them that our travellers will behave with respect and courtesy towards them and their culture. This is a fantastic opportunity to learn a little about different culture and history and sometimes even take away different and interesting ways of doing things.

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Our expert team and local community guides have in-depth knowledge of all the communities we spend time in, their history and the positive (and potentially negative) impacts that tourism can have on these communities. They are happy to spend as much time (or as little) as you wish talking about different culture and ways of life and we simply ask that every traveller is respectful of cultural differences.

You may find the remote mountain village on Days 5 and 6 at the edge of your comfort zone in terms of facilities (it's clean but it is very simple) but please be aware that the villagers have made huge efforts to do their very best to create a comfortable space for visitors, to make you feel at home, to cook healthy and delicious local food but their background and life is very different from what most people are used to. The opportunity to spend time with such people is becoming very rare in Thailand and we ask that we leave positive impressions as visitors and, as the villagers act as a positive advert for their culture and community that we do the same.