

FLIP YOUR MOBILE DEVICE



FOR BEST VIEWING



# ADVENTURE STARTS HERE

Connect with the world. Dive in to different cultures. Eat your heart out. Meet new people. Make a difference. Live a life less ordinary. Welcome to INTRO. As group adventure travel experts, our passion for authentic, responsible and life changing travel experiences is what sets us apart from the rest. With us, you'll travel with friends, leave with family, and see the world in a way you never thought possible.

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# WE ARE INTRO

## WHY US?



### EPIC ADVENTURES

We believe there's nothing better than travelling to an incredible new country with a new group of friends. Escape everyday life, experience a different culture, have an epic adventure and make memories to last a lifetime!



### NO WORRIES

We've included loads of amazing activities, quality accommodation, all transport and a bunch of meals. Plus you'll have an awesome group leader from the moment your trip starts. So you can just relax and enjoy your experience!



### RESPONSIBLE TRAVEL

Making a positive difference to the amazing destinations we travel is at the core of what we do. That's why we've created Small Change. Our own socially conscious initiative aimed at protecting the environment, wildlife and supporting local communities.



### IT'S A GROUP THING

Our trips are all about sharing the adventure. By travelling as part of a group it's a great way to meet people and make lifelong friends!



### MORE INCLUSIONS

Unlike most other tour companies all our amazing and unique activities are included in the price. We don't do local payments or loads of 'optional activities.'



### AWESOME CREW

Our group leaders and local legends are what make us special. They'll be your best mate, dance partner, share all their local knowledge and work their bums off to show you the trip of a lifetime.



### EPIC ACCOMMODATION

You'll be surprised by the high standard of accommodation you get for the price you're paying. We also own and operate a number of our own properties.



### EXPERIENCE LOCAL LIFE

Yes, there will be plenty of awesome adventures, beaches, cocktails and sunsets. But we'll also show you a fascinating culture and the true local way of life.



### UNBEATABLE VALUE

Tours shouldn't be the expensive way to travel. With us you'll get so much included and have the absolute time of your life, all for an amazing price.



### FREE & FLEXIBLE CHANGES

Plans sometimes change. So we'll always allow you to change your start date or even your entire tour, so you can travel with us when you're ready.

# TOGETHER WE CAN MAKE A DIFFERENCE

**#SMALLCHANGE**

We believe that travel can make the world a better place when it's done in a sustainable and responsible way. It opens your mind, brings people together through cultural exchange and can benefit local communities. By travelling with us you'll be part of our Small Change initiative and together we can make a difference!



In 2019, we teamed up with Eden Reforestation Projects, planting 10 trees for every booking, resulting in tens of thousands of trees planted, aiding reforestation, wildlife rehabilitation, and poverty reduction.

To further our commitment, in late 2023, we partnered with Path Net Zero to measure tour emissions and Veritree to offset them by planting trees.

We are now very proud to say that every INTRO tour is 100% carbon neutral.



## PROTECTING THE ENVIRONMENT

As well as promoting and practicing sustainable travel, we conduct regular eco-audits on all our trips and suppliers to ensure we're consistently minimising our impact on the natural environment.



## SUPPORTING LOCAL COMMUNITIES

We ensure that our trips have a direct and positive impact on the local communities we visit. This means your money is used to support the local economy, and going directly to those who need it most.



## CULTURAL EXCHANGE & EDUCATION

Through sharing knowledge & understanding and respecting local cultures & traditions we ensure that your travels are mutually beneficial for both you, and those you are visiting.



## ANIMAL WELFARE

We support and visit a number of local animal welfare groups, we ensure no animal is ever hurt or negatively impacted by our activities, and we've even adopted a number of rescue animals at the properties we own.

# SOME SMALL CHANGES

We seek to create a positive impact in every destination we visit! Below are a few examples of the Small Change's we make.

## REDUCING PLASTIC

To help reduce single use plastics and promote reusable alternatives, we've installed refillable water stations at nearly all of our overnight stops, and at many of our activity locations. We advise all our travellers to bring a reusable water bottle when they travel, but for those that don't we also offer INTRO bottles on all our trips.

## BEACH CLEANUPS

Beach cleanups are a regular occurrence on INTRO trips. Just like you, we want to protect our oceans, waterways and marine life, so you'll often find us and our awesome travellers collecting rubbish as we go. As well as our impromptu cleans, we've also partnered with organisations like Trash Hero in Thailand, and Gili Eco Trust in Indonesia, to further promote the message.

## HERO RAT

Did you know, there are still 2 - 6 million unexploded bomb remnants in rural Siem Reap alone? The dangers of these are unfathomable, which is why we work closely with APOPO, a Siem Reap based non-government organisation that trains rats to detect bombs that can then be safely detonated. We've even adopted Magawa the super rat, who will help save thousands of lives through his important work.

## SIEM REAP VILLAGES

Working directly with the local village chiefs of the rural villages of Siem Reap, Cambodia, through both our contributions and the generosity of our travellers, we've helped to provide necessary supplies for many school children. In this impoverished area many families cannot afford school uniforms or basic school equipment, but we're working to change this.

[LEARN MORE ABOUT SMALL CHANGE HERE](#)

# BALI & INDONESIA

STARTS HERE.

*Many beautiful tropical islands such as Bali make up Indonesia. It is full of stunning locations, rich culture & exciting activities.*

*Considered the jewel of South East Asia, Bali's mix of world renowned surf spots, endless rice paddies and secrets off the beaten path all make backpacking in Indonesia an adventure not to be missed.*

## FLYING TO BALI

Denpasar Airport is the only international airport in Bali, so you can't go wrong when heading in! It is located just South of Kuta, one of Bali's most well known locales, and not too far from many of Bali's best beaches and popular areas.

The arrivals area at the airport is pretty chaotic, with hundreds of taxi drivers and touts that you can barter with to get to your accommodation. Or if you book one of our Bali tours, a driver will be there to meet you and take you to the accommodation in Canggu.

## WEATHER IN INDONESIA

Indonesia is located very close to the Equator, meaning that it is warm and humid almost year round, making it a tropical wonderland for those seeking to surf, swim and top up their tans!

Throughout the year it experiences both a wet and dry season, however rainfall during the wet season is often short downfalls throughout an otherwise steamy day.

As central Bali can be quite mountainous there can be a large temperature difference between these spots compared to the beach-side areas, so if you're heading up to Ubud or further North be sure to pack a jumper just in case.

## USEFUL PHRASES

ENGLISH	INDONESIAN
Hello	Halo
Thank you	Terima kasih
Please	Silahkan
How are you?	Apa kabar?
How much is it?	Berapa?

## DID YOU KNOW?

Bali belongs to the 'The Coral Triangle'. Sitting right in the middle of the world's richest waters for coral, it is considered as richly diverse as the Amazon rainforest!

There's more than just coral in the beautiful waters of Bali however! On top of the 600+ species of colourful coral, there is more than 2000 species of fish, wild dolphins, friendly sea turtles & even huge manta rays.



## BUCKET LIST



### SPOT DOLPHINS IN THE WILD

An experience that's truly unique to the northern tip of Bali, from the pontoon of a traditional Balinese outrigger boat you'll discover 100's of wild dolphins dancing and playing together in a show that is unlike any other.

From catching an incredible island sunrise to watching these dolphins splash and spin from the tropical island waters, it's an incredible and unforgettable way to spend a day in paradise!



### CULTURE

Indonesia's culture draw influences from Hindu, Buddhist, Islamic, and Dutch colonial periods contribute to the unique blend found in ceremonies, dances, and architecture. The combination of Balinese and Hindu traditions has led to a strong culture of art, dance and music, which can be seen in all elements of the Balinese way of life, right down to the skillfully made & subtle yet beautiful arrangements created daily for offerings.



### LANDSCAPE

Indonesia boasts a diverse and captivating landscape that reflects the country's unique blend of cultures and geography. With over 17,000 islands, Indonesia encompasses tropical rainforests, pristine beaches, volcanic mountains, and vibrant coral reefs. Indonesia's natural beauty and cultural richness make it a compelling destination for travellers seeking both adventure and tranquility.



### PEOPLE

Indonesia is home to a diverse and welcoming population, characterized by its multicultural heritage. With over 300 ethnic groups, the people of Indonesia display a rich tapestry of traditions, languages, and customs. Hospitality is a hallmark of Indonesian culture, and visitors often experience warm and friendly interactions with locals.

## WONDERING WHAT TO PACK?

Check out our handy guide to ensure you don't leave anything behind for your trip!

**PACKING CHECKLIST**




### VISAS FOR INDONESIA

It's important to check your visa requirements before entering Indonesia. Depending on your nationality and how long you're planning on staying in Indonesia there are a few options. Get the full rundown in the visa section of the ['Important Stuff'](#) page on our website.



### MONEY

The currency of Indonesia is called the Indonesian Rupiah.

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's available throughout Indonesia, however be sure to give any machines a once over before a transaction to check for scam devices. Be prepared to also barter with the locals on purchases for small items or things like taxi fares.

## FLAVOUR STARTS HERE..

Indonesia is a mecca for travelling foodies! Check out below for some of the most iconic & delicious dishes.

### SATE AYAM

Sate (Satay) can be found in many Asian countries' cuisine, however the Indonesian variation is one not to be missed. Chicken Sate is the most common here, and is often marinated in a sweet soy sauce. The skewers are cooked quickly over an extremely hot charcoal fire, leaving a smoky and juicy flavour you won't find elsewhere.

### SMOOTHIE BOWLS

Bali has always been on the forefront of trendy organic food trends. Keeping things healthy and delicious, these colourful picture-perfect bowls combine frozen fruit or yoghurt blends with fresh tropical fruits & home made granola. Head to Canggu or Seminyak for a nearly unlimited choice of options, & make sure you enjoy one after some morning yoga.

### NASI GORENG

Nasi Goreng is a popular Indonesian fried rice which is traditionally served with a fried egg. The dark brown colour from the sauce distinguishes it from other popular Asian fried rice dishes, and it can be found with or without meat. Often served as a breakfast or lunch food, it also goes down well with a cold Bintang!



## GRAM IT!

From island sunsets and cliff-top bars to perfect tropical waters you'd have to try hard NOT to get amazing snaps in Indonesia. There's a reason this beautiful island is a mecca for those searching for adventure & content alike.



Padar viewpoint in Komodo offers breathtaking panoramic views of the surrounding islands and turquoise waters, making it a must-visit destination for those seeking stunning landscapes!



Scattered throughout Bali these rice fields are right out of a fairytale, and they're definitely one of the top attractions in Bali. The Jatiluwih Terrace is one of the island's largest and most beautiful. So. Much. Colour.



Ubud is a content wonderland! From picture perfect infinity pools each more epic than the last to rainforest swings and trendy organic meals, you won't be short of incredible shots to fill your feed.

# BALI INTRO

9 DAYS CANGGU → GILI ISLANDS  
 12 DAYS CANGGU → UBUD



## WHERE YOU STAY

- 3 Nights Canggu - Hotel: A funky place with a short walk to the beach.
- 2 Nights Lovina - Private Villa: Something special and unique, just for you.
- 3 Nights Gili Trawangan - Beach Resort: Island life at it's best!
- 3 Nights Ubud - Guesthouse: Tranquil resort surrounded by lush gardens. (12 day)

\*You'll stay in a mix of twin, triple or multi-share rooms.



## HIGHLIGHTS

- Learn to surf with Balinese surfer dudes before kicking back with a sunset beer
- Hop on board a traditional outrigger boat and spot pods of wild dolphins
- Snorkel with turtles and hang out in paradise on the Gili Islands
- Climb an active volcano with a local guide to catch a sunrise you'll never forget

## ITINERARY

### DAY 1 - ARRIVE IN CANGGU

Landing in Denpasar, we'll meet you at the airport and take you to your hotel in chilling Canggu. Meet up with your travel crew and get excited for the adventures to come.

### DAY 2 - TEMPLES & BEACH SUNSETS

Today's all about ancient temple exploring and sunsets on the beach as you get a first taste of Bali's beautiful culture. Tonight, we hit the dancefloor...

### DAY 3 - LEARN TO SURF

Canggu is known as one of the world's most iconic surf destinations, and you'll soon see why as you hit the waves with the help of local Balinese surf instructors.

### DAY 4 - EXPLORING LOVINA

Untouched and relatively unknown, Lovina will steal your heart with its rolling rice paddies and smiley welcome. On the way we'll squeeze in some temple exploring and a dip in a waterfall before arriving at our unique accommodation, set high in the mountains with views of rice paddies and the shimmering ocean.

### DAY 5 - DOLPHIN SPOTTING

After brekkie on the beach, it's all aboard a traditional outrigger boat as you cruise the coastline on the lookout for wild dolphins. Back on land, we'll then visit a local family where you'll learn the art of basket weaving and get a unique insight into traditional Balinese life. Keen to chill? The infinity pool of our luxury villa has your name all over it.

### DAY 6 - HELLO PARADISE

Crystal clear waters and swaying palm trees are on the agenda today as we catch the fast ferry to Gili T, the largest of the Gili Islands. With a free afternoon feel yourself slipping easily into island time, Bintang in hand, before a night out island style.

### DAY 7 - TIME TO CHILL

With no motorised vehicles on Gili T, today you'll explore the island on two wheels, beach hopping from one sandy shore to the next. This is paradise!

### DAY 8 - SNORKELLING ADVENTURE

Travelling by boat, today you'll explore the beauty of all three Gili Islands, stopping along the way for plenty of snorkel breaks to spot turtles and other colourful marine life.

### DAY 9 - TRAVEL TO UBUD

Waving goodbye to paradise, the chilled out cultural Mecca of Ubud awaits as you travel back to the mainland by ferry. The 9 day trip finishes in Gili T today.

### DAY 10 - MONKEY FOREST

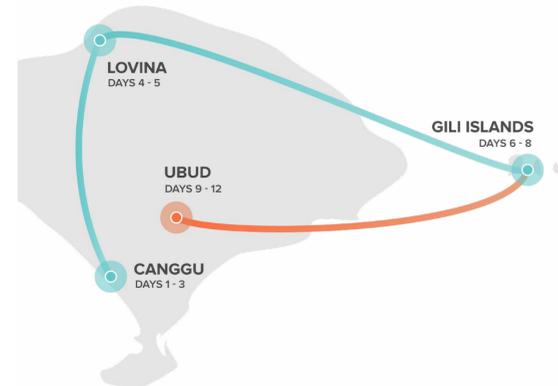
You've seen the pictures, now experience Ubud's famous Monkey Forest for real! A centuries old temple overrun by monkeys, today's your chance to get up close to these mischievous primates.

### DAY 11 - SUNRISE VOLCANO & TRADITIONAL MASSAGE

It's an early start this morning as you head out before dawn for a once-in-a-lifetime sunrise trek. Joined by a local guide, hike up an active volcano and summit just as the sun peaks over the horizon for breakfast with a view. Arriving back around mid morning, this afternoon relax and unwind with a traditional Balinese massage.

### DAY 12 - DEPART UBUD OR EXTEND YOUR STAY

Your unforgettable 12 day adventure comes to an end today. Those flying home will make their way to the airport, or keep living the dream and extend your stay in Bali with our help and the new friends you've made.



## 9 DAY INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 8 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Visit Ancient Temples
- ✓ Canang Sari (Local Offering) Making Class
- ✓ Bahasa Language Lesson
- ✓ Soak up Stunning Sunsets
- ✓ Experience Bali Nightlife
- ✓ Learn to Surf & Swim under Waterfalls
- ✓ Visit a local Balinese Family & Basket Weaving
- ✓ Coffee Plantation & Rice Paddies
- ✓ Dolphin Boat Trip
- ✓ Explore Tropical Islands by Bicycle
- ✓ Boat Trip Around the Gili Islands
- ✓ Snorkel with Turtles
- ✓ Island Party

Total Meals: 7B, 1L & 1D\*

\*Vegetarian meal options available at all stops



Winner of 'Nature & Adventure Tour of the Year'.

## 12 DAY INCLUSIONS

- ✓ All 9 Day inclusions
- ✓ 11 Nights Accommodation
- ✓ Sunrise Volcano Trek & Monkey Forest
- ✓ Traditional Balinese Massage

Total Meals: 10B, 1L & 1D\*

\*Vegetarian meal options available at all stops



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)

# EPIC INDONESIA

15 DAYS

CANGGU



UBUD

19 DAYS

CANGGU



LABUAN BAJO



# EPIC INDONESIA

100% CARBON NEUTRAL TOURS

NEW!



## WHERE YOU STAY

- 3 Nights Canggu - Hotel: A funky place with a short walk to the beach.
- 2 Nights Lovina - Private Villa: Something special and unique, just for you.
- 3 Nights Gili Trawangan - Beach Resort: Island life at it's best!
- 1 Night Senaru Lombok - Guesthouse: Mountain guesthouse surrounded by lush nature.
- 2 Nights Kuta Lombok - Hotel: A stunning hotel just 400m from the beach.
- 3 Nights Ubud - Guesthouse: Tranquil resort surrounded by lush gardens.
- 2 Nights Labuan Bajo Komodo - Hotel: Surrounded by gorgeous beaches. (19 day)
- 2 Nights Boat Expedition Komodo: Stay on a traditional Phinisi inspired boat. (19 day)

\*You'll stay in a mix of twin, triple or multi-share rooms.



KUTA LOMBOK



BOAT EXPEDITION KOMODO

## HIGHLIGHTS

- Learn to surf with Balinese surfer dudes before kicking back with a sunset beer
- Hop on board a traditional outrigger boat and spot pods of wild dolphins
- Snorkel with turtles and hang out in paradise on the Gili Islands
- Explore rural and traditional Lombok and visit some epic waterfalls
- Summit an active volcano with a local guide to catch a sunrise you'll never forget
- Sail through the Komodo National Park looking for the famous dragons

## ITINERARY

### DAYS 1-3 - CANGGU

Landing in Denpasar, we'll meet you at the airport and take you to our accom in Canggu. We'll kick off the next day exploring ancient temples, experiencing a Bahasa language lesson and learning to make a Canang Sari (local offering). We'll also get a taste of Bali nightlife. The next day you'll learn to surf with the help of local Balinese surf instructors.

### DAY 4 - EXPLORING LOVINA

Untouched Lovina will steal your heart with its rolling rice paddies and smiley welcome. On the way we'll squeeze in some temples and a dip in a waterfall before arriving at our accommodation, set high in the mountains with views of rice paddies and the shimmering ocean.

### DAY 5 - DOLPHIN SPOTTING

Today we'll board our traditional outrigger boat as you cruise the coastline on the lookout for wild dolphins. Back on land, we'll then visit a local family where you'll learn the art of basket weaving and get a unique insight into traditional Balinese life.

### DAY 6 - HELLO PARADISE

Crystal clear waters and swaying palm trees are on the agenda today as we catch the fast ferry to Gili T. With a free afternoon feel yourself slipping easily into island time, Bintang in hand, before a night out island style.

### DAY 7 - TIME TO CHILL

With no motorised vehicles on Gili T, today you'll explore the island on two wheels, beach hopping from one shore to the next before capturing a sunset snap.

### DAY 8 - EPIC SNORKELLING

Travelling by boat, today you'll explore the beauty of the Gili Islands, stopping along the way for plenty of snorkel breaks to spot turtles and other marine life.

### DAY 9 - TRAVEL TO LOMBOK

This morning we are taking a quick boat trip over to another stunning island – Lombok. It has so much to offer, including the gorgeous waterfalls we'll be seeing today. Tonight, we will stay in a village at the base of Mount Rinjani, Indonesia's second largest volcano.

### DAY 10 - TRADITIONAL LOMBOK

Today the sites of Lombok are on the agenda – think epic viewpoints, rice terraces and traditional villages. We'll pack in lots on our journey from north to south. Arriving in Kuta, there's time to chill by the pool before dinner and drinks.

### DAY 11 - BEACH DAY & SUNSET

The morning is all yours to relax or explore Kuta, before we head to some of the incredible beaches. Then we will head to one of our favourite spots for sunset, where the friendly locals will want a chat and take selfies!

### DAY 12 - TRAVEL TO UBUD

Waving goodbye to Kuta, the chilled out cultural mecca of Ubud awaits as you travel back over to Bali by ferry.

### DAY 13 - MONKEY FOREST

A centuries old temple overrun by monkeys, today's your chance to get up close to these primates.

### DAY 14 - SUNRISE VOLCANO TREK

Joined by a local guide, hike up an active volcano and summit just as the sun peaks over the horizon for breakfast with a view. This afternoon you can relax and unwind with a traditional Balinese massage.

### DAY 15 - LABUAN BAJO

Leaving Bali, we are catching a short flight over to the island of Flores, the gateway to Komodo National Park. The 15 day trip finishes in Ubud today.

### DAYS 16-17 - BOAT EXPEDITION

Today we'll be jumping aboard our traditional Phinisi inspired boat, taking in views of Komodo National Park as we sail. We will stop at snorkelling spot before watching the sunset. We'll sleep comfortably in our cabins onboard ready for an action packed following day. Insta-famous viewpoints for sunrise, the pink beach, snorkelling with manta rays, and a chance to see wild Komodo dragons. We'll finish off with another night sleeping onboard.

### DAY 18 - RETURN TO SHORE

It's time to head back to Bali. The afternoon can be spent relaxing by the pool or on the beach back at our hotel, or you can pop into the town of Labuan Bajo.

### DAY 19 - CHECK OUT

Your epic 19 day adventure comes to an end today. Fly home or extend your stay in Indonesia with our help and the new friends you've made.

## 15 DAY INCLUSIONS

- ✓ Personal Airport Pickup To The Hotel 24/7
- ✓ 14 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Visit Ancient Temples
- ✓ Canang Sari (Local Offering) Making Class
- ✓ Bahasa Language Lesson
- ✓ Soak up Stunning Sunsets
- ✓ Experience Bali Nightlife
- ✓ Learn to Surf & Swim under Waterfalls
- ✓ Visit a local Balinese Family
- ✓ Basket Weaving
- ✓ Coffee Plantation & Rice Paddies
- ✓ Dolphin Boat Trip
- ✓ Explore Tropical Islands by Bicycle
- ✓ Boat Trip Around the Gili Islands
- ✓ Snorkel with Turtles
- ✓ Island Party
- ✓ Traditional Village Visit
- ✓ Sunrise Volcano Trek & Monkey Forest
- ✓ Traditional Balinese Massage

Total Meals: 11B, 1L & 1D\*

\*Vegetarian meal options available at all stops

## 19 DAY INCLUSIONS

- ✓ All 15 Day inclusions
- ✓ 18 Nights Accommodation
- ✓ Komodo National Park & Sailing Trip
- ✓ Stunning Viewpoints & Komodo's Pink Beach
- ✓ Snorkeling with Manta Rays

Total Meals: 15B, 3L & 3D\*

\*Vegetarian meal options available at all stops



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

CLICK HERE



# BALI EXPERIENCE

12 DAYS SEMINYAK → UBUD  
15 DAYS SEMINYAK → SEMINYAK



## WHERE YOU STAY

We take your accommodation to the next level on Bali Experience!

- 2 Nights Seminyak - Guesthouse: A traditional hotel with a nice pool, close to the action.
- 1 Night Canggu - Hotel: A funky place with a short walk to the beach.
- 2 Nights Lovina - Private Villa: Something special and unique, just for you.
- 3 Nights Gili Trawangan - Beach Resort: Island life at it's best!
- 3 Nights Ubud - Resort: Tranquil resort surrounded by lush gardens.
- 2 Nights Nusa Lembongan - Resort: Luxury beachfront hotel set on stunning white sands. (15 Day)

\*You'll stay in a mix of twin, triple or multi-share rooms.



## HIGHLIGHTS

- Enjoy our hand selected premium accommodation, like boutique hotels and beachside resorts
- Learn to surf with Balinese surfer dudes before kicking back with a sunset beer
- Hop on board a traditional outrigger boat and spot pods of wild dolphins
- Snorkel with turtles and hang out in paradise on the Gili Islands
- Climb an active volcano with a local guide to catch a sunrise you'll never forget
- Discover the stunning island of Nusa Lembongan and swim with manta rays

## ITINERARY

### DAY 1 - ARRIVE IN SEMINYAK

Landing in bustling Seminyak, we'll meet you at the airport and take you to your hotel. Meet up with your travel crew and get excited for the adventures to come.

### DAY 2 - TEMPLES & CULTURE

Today's all about soaking in the local culture as we pay a visit to the ancient temples in Uluwatu, then take part in a Bahasa language lesson and learn how to create a Canang Sari (a local offering). As sunset falls we'll sip drinks and eat dinner at a trendy beach club.

### DAY 3 - LEARN TO SURF

Our last morning in Seminyak will be spent hitting the waves, where you'll learn to surf with the help of local Balinese instructors. We'll then head on to one of the world's most iconic surfing destinations, Canggu, where your sleek boutique hotel awaits. Dig your toes into the volcanic sand, or just chill out poolside.

### DAY 4 - EXPLORING LOVINA

Untouched and relatively unknown, Lovina will steal your heart with its rolling rice paddies and smiley welcome. On the way we'll squeeze in some temple exploring and a dip in a waterfall before arriving at our accommodation, set high in the mountains with views of rice paddies and the ocean.

### DAY 5 - DOLPHIN SPOTTING

It's all aboard a traditional outrigger boat today as we cruise the coastline on the lookout for wild dolphins. We'll then visit a local family where you'll learn the art of basket weaving and get a unique insight into Balinese life. Keen to chill? The infinity pool of our luxury villa has your name on it.

### DAY 6 - HELLO PARADISE

Crystal clear waters and swaying palm trees are on the agenda today as we catch the fast ferry to Gili T, the largest of the three Gili Islands. With a free afternoon feel yourself slipping easily into island time, Bintang in hand, before a night out island style.

### DAY 7 - TIME TO CHILL

With no motorised vehicles on Gili T, today we'll explore the island on two wheels, beach hopping from one sandy shore to the next. This is paradise!

### DAY 8 - GILI BOAT TRIP

Travelling by boat, today we'll explore the beauty of all three Gili Islands, stopping along the way for plenty of snorkel breaks to spot turtles and other colourful marine life. At dinner tonight, we'll toast to our time on the Gili's, as tomorrow it's back to the mainland.

### DAY 9 - TRAVEL TO UBUD

Waving goodbye to paradise, the chilled out cultural Mecca of Ubud awaits as we travel back to the mainland by ferry.

### DAY 10 - MONKEY FOREST & COOKING CLASS

You've seen the pictures, now experience Ubud's famous Monkey Forest for real! A centuries old temple overrun by monkeys, today's your chance to get up close to these mischievous primates. Monkey selfie captured, we'll then learn how to cook some of Bali's best dishes with a hands on cooking class.

### DAY 11 - SUNRISE VOLCANO TREK & TRADITIONAL MASSAGE

It's an early start this morning as we head out before dawn for a once-in-a-lifetime sunrise trek. Joined by a Local Guide, hike up an active volcano and summit just as the sun peaks over the horizon for breakfast with a view. Arriving back around mid morning, this afternoon relax and unwind with a traditional Balinese massage.

### DAY 12 - NUSA LEMBONGAN

It's back to the beach today as we travel by fast ferry to the island paradise of Nusa Lembongan. We have a feeling you'll fall hard for this breezy, beautiful island, especially when you catch a glimpse of our luxury beachside hotel. The 12 day trip finishes in Ubud today.

### DAY 13 - BOAT TRIP & VIEWPOINTS

Much of Nusa Lembongan's charm lies in its secluded bays and underwater life, which is why today we'll be exploring by boat. Keep your snorkel at the ready as we cruise the crystal clear waters, on the look out for manta rays as well as other species of marine life. Back on land, we'll then show you some of our favourite spots for views that show off the island at its very best.

### DAY 14 - BACK TO SEMINYAK

Waving goodbye to Nusa Lembongan, we'll make our way back to where it all began, Seminyak, for a farewell dinner and final group night out.

### DAY 15 - CHECK OUT

Your unforgettable 15 day adventure comes to an end today. Those flying home will make their way to the airport, or keep living the dream and extend your stay in Bali with our help and the new friends you've made.

## 12 DAY INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 11 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Visit Ancient Temples
- ✓ Canang Sari (Local Offering) Making Class
- ✓ Bahasa Language Lesson
- ✓ Experience the Best of Bali Nightlife
- ✓ Learn to Surf & Swim Under Waterfalls
- ✓ Visit a Local Balinese Family
- ✓ Basket Weaving & Coffee Plantation
- ✓ Rice Paddies & Dolphin Boat Trip
- ✓ Explore Tropical Islands by Bicycle
- ✓ Gili Islands Boat Trip
- ✓ Snorkel with Turtles
- ✓ Island Party
- ✓ Sunrise Volcano Trek & Monkey Forest
- ✓ Balinese Cooking Class
- ✓ Traditional Balinese Massage

Total Meals: 11B, 4L & 4D\*

\*Vegetarian meal options available at all stops



This is our premium trip with upgraded accommodation, extra meals and activities!

## 15 DAY INCLUSIONS

- ✓ All 12 Day inclusions
- ✓ 14 Nights Accommodation
- ✓ Nusa Island Boat Trip & Snorkelling
- ✓ Nusa Lembongan Viewpoints

Total Meals: 14B, 4L & 5D\*

\*Vegetarian meal options available at all stops



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.

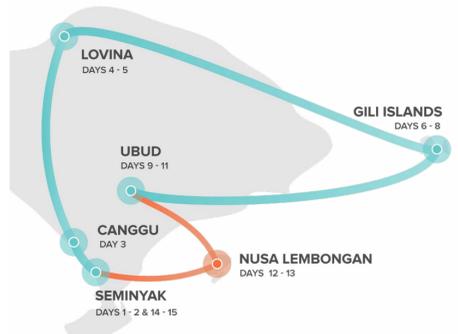


### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)



# THAILAND

STARTS HERE.

*From the roar of tuk tuks in bustling city streets to the call of distant monkeys in a dense rainforest, Thailand is a country of contrast. One of the most beautifully scenic countries in South East Asia, Thailand is a feast for the eyes - and the tastebuds!*

*Whether your style is chilled tropical getaways, pumping beach parties or getting off the beaten path and finding a quiet moment soaking up the local way of life, Thailand has something incredible waiting.*

## FLYING TO THAILAND

There are several international airports in Thailand however Bangkok (BKK) is the largest and most common to fly into. Bangkok also has a second international and domestic airport (DMK) available for certain airlines.

Bangkok is a great jumping off point for every good adventure in Thailand, and all INTRO Thailand trips start here.

## WEATHER IN THAILAND

Thailand is known for tropical and humid weather. The country has two main seasons, one dry and one wet, which can vary across the North and South of Thailand.

The great thing about most of Thailand is it's quite hot all year round, so it's great to go at any time.

There is a slightly higher chance of rain around October and November during the wet season, however it usually only rains for an hour or so which can be a nice relief from the heat.

## USEFUL PHRASES

ENGLISH	THAI (FEMALE)	THAI (MALE)
Hello	SawasdeeKa	SawasdeeKrap
Thank you	KhobKhunKa	KhobKhunKrap
How are you?	Sabai dee Mai Ka	Sabai dee Mai Krap
How much is it?	Tao Rai Ka	Tao Rai Krap

## DID YOU KNOW?

Bangkok, the capital of Thailand, has the longest city name in the whole world! In Thai the full name is:

*Krungthepmahanakhon Amonrattanakosin Mahintharayuthaya Mahadilokphop Nopphararatchathaniburirom Udomratchaniwetmahasathan Amonphimanawatansathit Sakkathattiyawitsanukamprasit.*

It means "City of Angels, Great City of Immortals, Magnificent City of the Nine Gems, Seat of the King, City of Royal Palaces, Home of Gods Incarnate, Erected by Visvakarman at Indra's Behest."



## BUCKET LIST



### KHAO SOK NATIONAL PARK

A tiny slice of almost prehistoric wonder, Khao Sok National Park is one of Thailand's hidden gems, and an absolute must for those hoping to do something truly unique! Only accessible by a lengthy traditional long-tail boat ride amongst misty limestone cliffs and dense rainforest, Khao Sok has ancient natural scenery that will take your breath away. Out here you'll sleep in bungalows floating right on top of the crystal green waters, and wake to the sounds of the jungle.



### CULTURE

Thailand's culture mixes strong Indian influences, Chinese traditions, and elements that are uniquely Thai. Thailand has practiced Buddhism for almost 2000 years, which has left a profound effect on their culture and way of life. Scattered throughout its cities and towns you'll find many beautiful temples, statues & holy structures dedicated to Buddhism, as well as monks and practitioners of this ancient religion. This offers some incredible chances to gain an insight into Thai culture and outlook.



### LANDSCAPE

From bustling cities to picturesque tropical islands, lush lakeside rainforests to towering mountain peaks, Thailand has a beautiful and varied natural landscape. Whether you're looking to stay active on mountain hikes, party the night away in smoky night clubs or top up your tan with a cocktail on the beach, Thailand has your needs catered for!



### PEOPLE

Thailand's greatest asset may not be its white sandy beaches or incredibly tasty food but rather its incredible people. Known as the Land of Smiles, Thai people are some of the friendliest on the planet. With happiness, helpfulness & patience these humble people will make your travels in Thailand an absolute pleasure, and always ensure that you find what you need and get where you're going with a huge smile and a laugh.



## THINKING FULL MOON PARTY?

Check out our 'Full Moon Survival Guide' and make sure you do this once in a lifetime party right!

[READ THE GUIDE](#)



### VISAS FOR VIETNAM

It's important to check your visa requirements before entering Thailand. Depending on your nationality and how long you're planning on staying in Thailand there are a few options. Get the full rundown in the visa section of the '[Important Stuff](#)' page on our website.



### MONEY

The currency of Thailand is called the Thai Baht. We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's and money exchanges available throughout Thailand so it's easy to get access to your money.

## FLAVOUR STARTS HERE..

Thailand has some of the best food in the world! Check out below for some of the most iconic & delicious dishes.

### GREEN CURRY

Possibly the most well known and popular Thai dish enjoyed in many Thai restaurants around the globe. A little spice, a creamy smooth taste, and fresh ingredients make this dish a must have. If you enjoy a more spicy dish, we recommend stepping up to a Thai Red Curry instead.

### ROTI (THAI PANCAKE)

Rotis are like pancakes but more oily and crispy than the fluffy ones Westerners are more familiar with. Costing around 50 THB each, rotis are available with many different toppings such as strawberries, mango, pineapple, peanut butter, honey, lemon and sugar.

### PAD THAI

Created in the 1930s, this dish consists of thin rice noodles stir fried with egg and tofu with the choice of three options: shrimp, chicken or vegetarian. It can be garnished with a range of ingredients including dried chilli, peanuts, coriander, bean sprouts and shallots to name a few. It is widely sold on many streets in Thailand, so it's hard to miss!



## GRAM IT!

On the hunt for incredible locations to keep your feed fresh? Look no further than Thailand. From the golden colours of Bangkok's temples to the tropical wanderlust of the islands, prepare to make your friends very jealous.



Towering limestone cliffs, traditional long-tail boats and plenty of opportunities for candid images with incredible backdrops. The only downside? This isolated hidden gem gets no reception, so hold on to your best pics & save your stories!



One of Thailand's most beautiful islands, Koh Phangan is home to countless palm trees, white sandy beaches, coconut cocktails, acai bowls and one of the most beautiful sunsets you'll find in the world.



Glistening golden roof tops. Glowing neon lights. Fiery street food stands. Bangkok is a feast for the eyes and the followers, night or day.

# THAI INTRO

- 9 DAYS BANGKOK → KOH PHANGAN
- 12 DAYS BANGKOK → PHI PHI ISLANDS
- 18 DAYS BANGKOK → CHIANG MAI



## HIGHLIGHTS

- Cruise Bangkok's canals and experience local life
- Spend the night in a floating bungalow in the heart of Khao Sok National Park
- Dance till dawn at the famous full moon party beach on Koh Phangan
- Float around the idyllic Phi Phi islands on an exclusive boat trip
- Visit remote hill tribes and make friends with elephants in Chiang Mai



## ITINERARY

### DAY 1 - ARRIVE IN BANGKOK

Landing in Bangkok, we'll meet you at the airport and take you to your guesthouse in the heart of the travellers district, Khao San Road. Meet up with your travel crew and get excited for the adventures to come.

### DAY 2 - TEMPLES & TUK TUKS

We'll be experiencing Bangkok from a different angle this morning as we explore the city's legendary canals, taking in the floating markets and local ways of life. We'll then stop by some of the city's most sacred and famous temples, travelling by tuk tuk through the wild and crazy streets.

### DAY 3 - THAI COOKING CLASS

If you love Thai food, you'll be seriously into what comes next. This morning we'll be learning the secrets of Thai cooking class, before boarding our overnight train (with fully reclining beds) which will carry us south.

### DAY 4 - FLOATING BUNGALOWS

Prepare to feel like you're having a pinch me moment as we make our way to our next stop. Winding through limestone cliffs on a traditional long tail boat, we'll reach our floating bungalow home for the night in the dreamy Khao Sok National Park. You'll then spend the rest of the day kayaking, tubing and monkey spotting.

### DAY 5 - WELCOME TO PARADISE

Let the beauty of the Thai Islands work their magic on you as we arrive into Koh Phangan, the island most famous for hosting the legendary full moon parties. We'll check into our exclusive beach side bungalows that come complete with infinity pool, gym and yoga space.



### DAY 6 - TRADITIONAL MASSAGE

Chill on the beach or by the pool, explore the island, or play in the sea. We'll also treat you to a Thai massage.

### DAY 7 - EXPLORE KOH PHANGAN

Today's all about exploring the very best of Koh Phangan, including some of the island's best spots and lesser known beaches. You'll spend the day sun bathing then this evening we'll tuck into a tasty beach BBQ.

### DAY 8 - MUAY THAI OR YOGA

Choose from a Muay Thai boxing class, where you'll learn how to punch and kick like a pro or you could instead opt for a private yoga class. Tonight's our last on Koh Phangan, so we'll be heading out as a group.

### DAY 9 - SAY 'SAWASDEE' TO PHI PHI

Swapping one island paradise for another, today we'll wave goodbye to Koh Phangan and say 'sawasdee' to Phi Phi. Arriving late afternoon, we'll check in to our beautiful resort then head out for dinner, drinks and a beach party. The 9 day trip finishes in Koh Phangan today.

### DAY 10 - PHI PHI EXPERIENCE

We'll be heading off on a boat trip around the impossibly beautiful Phi Phi Leh. Snorkelling, kayaking and even an after dark underwater light show are all on the cards, and we'll top the day off with dinner and drinks under the stars.

### DAY 11 - PHI PHI ISLANDS BOAT TRIP

Hike to Phi Phi's iconic viewpoint in the morning and then explore Phi Phi's amazing Paradise Islands on an awesome private boat trip to snorkel. Then head out for dinner and a night out to experience Phi Phi's awesome nightlife.

### DAY 12 - TRAVEL TO PHUKET

Today we'll take a boat to the stunning Phuket and enjoy a sunset dinner and drinks. The 12 day trip finishes in Phi Phi today.



### DAY 13 - TRAVEL TO CHIANG MAI

This morning we'll fly to the culturally diverse capital of northern Thailand - Chiang Mai. Checking in to our accommodation, we'll have time to explore the city, chill by the pool or do some shopping. Tonight we'll check out Chiang Mai's nightlife.

### DAY 14 - TEMPLES & WATERFALLS

Today is a full day trip exploring the culture and natural wonders of Chiang Mai. First up is the iconic Doi Suthep Temple followed by a Thai style lunch on local fish farm before visiting the fascinating 'sticky' waterfalls.

### DAY 15 - HILL TRIBE STAY

We'll be heading out of the city and into the surrounding jungle today as we trek towards our remote jungle stay. Passing rice paddies and tumbling waterfalls, tonight we'll get to experience the ways of life of a local hill tribe.

### DAY 16 - BAMBOO RIVER RAFTING

Waking up to the sounds of the jungle, we'll continue our trek this before bamboo river rafting our way back home! This evening either chill out or experience Chiang Mai's nightlife.

### DAY 17 - ELEPHANT EXPERIENCE

Saving one of the best experiences till last, today we'll be getting up close and personal with Thailand's most sacred animal - elephants. Visiting a sanctuary we'll learn how to feed and care for them, and if we're lucky maybe even squeeze in a swim with the gentle giants.

### DAY 18 - CHECK OUT

Your unforgettable 18 day adventure comes to an end today. Those flying home will make their way to the airport, or keep living the dream and extend your stay in Thailand or South East Asia with our help and the new friends you've made.

## WHERE YOU STAY

- 2 Nights Bangkok - Guesthouse: In the heart of the traveller district of Khao San Rd.
- 1 Night Sleeper Train - Multi-Share Cabin: A comfy bed and great journey.
- 1 Night Khao Sok - Floating Bungalows: An amazing experience in the middle of the rainforest.
- 4 Nights Koh Phangan - Beachside Bungalows: Our own place with infinity pool, bar, gym, yoga hall and more!
- 3 Nights Phi Phi Islands - Guesthouse: A great spot on a beautiful island.
- 1 Night Phuket - Resort: A 4-star hotel that's a short stroll from the beach.
- 4 Nights Chiang Mai - Hotel: A comfortable hotel in the old city.
- 1 Night Local Hill Tribe - Jungle Hut: A basic but unique experience in the jungles of Chiang Mai.



\* Your accommodation will be a mix of either twin, double, triple or multi-share rooms.

## 9 DAY INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
  - ✓ 8 Nights Accommodation
  - ✓ All Transport
  - ✓ Awesome Group Leader
  - ✓ Help with Onward Travel
  - ✓ Bangkok River Cruise
  - ✓ Visit Ancient Temples
  - ✓ Thai Cooking Class
  - ✓ Khao Sok National Park
  - ✓ Floating Bungalows
  - ✓ Kayaking or Tubing
  - ✓ Island Tour
  - ✓ Beach BBQ
  - ✓ Muay Thai or Yoga Experience
  - ✓ Thai Massage
- Total Meals: 2B, 3L & 2D\*

## 12 DAY INCLUSIONS

- ✓ All 9 Day inclusions
  - ✓ 11 Nights Accommodation
  - ✓ Paradise Islands Boat Trip & Snorkelling
  - ✓ Phi Phi Islands Experience
  - ✓ Phi Phi Viewpoint
- Total Meals: 2B, 4L & 3D\*

\*Vegetarian meal options available at all stops

## 18 DAY INCLUSIONS

- ✓ All 9 & 12 Day Inclusions
  - ✓ 17 Nights Accommodation
  - ✓ Temples & Waterfalls
  - ✓ Overnight Hill Tribe Trek
  - ✓ Bamboo River Rafting
  - ✓ Elephant Experience
- Total Meals: 7B, 8L & 4D\*

\*Vegetarian meal options available at all stops



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)

# THAI EXPERIENCE

13 DAYS BANGKOK → PHUKET



## WHERE YOU STAY

We take your accommodation to the next level on Thai Experience!

**2 Nights Bangkok - Hotel:** A fancy 4\* hotel close to all the action.

**1 Night Sleeper Train - Multi-Share Cabin:** A comfy bed and great journey.

**1 Night Khao Sok - Floating Raft Houses:** An amazing experience in the middle of the rainforest.

**1 Night Khao Sok - Jungle Tree Houses:** As awesome as it sounds!

**3 Nights Koh Phangan - Beachside Bungalows:** Deluxe rooms at our own place with infinity pool.

**2 Nights Koh Phi Phi - Hotel:** Premium rooms at a great resort.

**2 Nights Phuket - Hotel:** Another fancy 4\* hotel, finish in style!



\*Apart from the overnight train, your accommodation is twin/double/triple share.

## HIGHLIGHTS

- Cruise Bangkok's canals and experience local life
- Spend the night in floating bungalows & magical treehouses in the heart of Khao Sok National Park
- Learn how to kick and punch like a Muay Thai boxing pro, or find your zen with a yoga class on Koh Phangan
- Float around the idyllic Phi Phi islands on an exclusive boat trip
- Learn how to care for elephants at an incredible sanctuary

## ITINERARY

### DAY 1 - ARRIVE IN BANGKOK

Landing in Bangkok, we'll meet you at the airport and take you to your luxury 4 star hotel located. Meet up with your travel crew and get excited for the adventures to come.

### DAY 2 - CANALS, TEMPLES & TUK TUKS

We'll be experiencing Bangkok from a different angle this morning as we explore the city's legendary canals by long-tail boat, taking in the floating markets and local ways of life. We'll then stop by some of the city's most sacred temples, travelling by tuk tuk through the crazy streets.

### DAY 3 - THAI COOKING CLASS

If you love Thai food, you'll be seriously into what comes next. This morning we'll be learning the secrets of Thai cooking with a hands on class, before boarding our overnight train (with fully reclining beds) which will carry us south.

### DAY 4 - FLOATING BUNGALOWS

Winding through limestone cliffs on a traditional long boat, we'll reach our floating bungalow home for the night in dreamy Khao Sok National Park. You'll then spend the rest of the day kayaking, tubing and monkey spotting.

### DAY 5 - TREEHOUSE STAY

Travelling deeper into the untouched rainforest, today we'll experience local life as we visit a sustainable family farm. We'll jump into a beautiful turquoise river, where we'll tube or jungle trek towards our tree house home for the night.

### DAY 6 - HELLO PARADISE

Let the beauty of the Thai Islands work their magic on you as we arrive into Koh Phangan, the island most famous for hosting the legendary full moon parties. Upon arrival we'll check into Sarana, our exclusive beach side bungalows that come complete with infinity pool, gym and yoga space.

### DAY 7 - EXPLORE THE ISLAND

Today's all about exploring the very best of Koh Phangan, including some of the island's best secret spots and lesser known beaches. You'll spend the day sun bathing then this evening we'll tuck into a tasty beach BBQ.

### DAY 8 - MUAY THAI OR YOGA

Choose from a Muay Thai boxing class, where you'll learn how to punch and kick like a pro or you could instead opt for a private yoga class. Whichever you choose, the traditional Thai massage we'll treat you to this afternoon will be well deserved. Tonight's our last on Koh Phangan, so we'll be heading out as a group after dark fun.

### DAY 9 - TRAVEL TO PHI PHI

We'll wave goodbye to Koh Phangan and say 'sawasdee' to Phi Phi. Arriving late afternoon, we'll check in to our beautiful resort then head out for dinner, drinks and a beach party.

### DAY 10 - SPEED BOAT TRIP

Don't forget your snorkel and sunscreen today as we'll be heading off via private speedboat around the impossibly beautiful Phi Phi Leh. Visiting hidden lagoons, sunbathing on glorious sandy white beaches and snorkelling in clear waters.

### DAY 11 - MORNING HIKE & TRAVEL TO PHUKET

We'll kick things off with a hike to one of Phi Phi's best viewpoints, then chill out on some of the island's best beaches. Hopping on board a ferry, we'll then travel to Phuket and check in to our boutique 4 star hotel.

### DAY 12 - ELEPHANTS!

Ending the trip on a high, today we'll be spending the day with elephants. We'll get up close and personal with the gentle giants at a sanctuary and learn about how they are fed and cared for. Tonight we'll be treating you to a farewell dinner and drinks.

### DAY 13 - CHECK OUT

Your epic adventure comes to an end today. You can choose to stay on longer in Phuket or continue your travels in Thailand. Your group leader will organise whatever you need!

## INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
  - ✓ 12 Nights Accommodation
  - ✓ All Transport
  - ✓ Awesome Group Leader
  - ✓ Help with Onward Travel
  - ✓ Bangkok River Cruise
  - ✓ Visit Ancient Temples
  - ✓ Thai Cooking Class
  - ✓ Experience Local Life
  - ✓ Party in Bangkok
  - ✓ Khao Sok National Park
  - ✓ Floating Bungalows
  - ✓ Jungle Treehouse Experience
  - ✓ Kayaking or Tubing
  - ✓ Island Tour
  - ✓ Beach BBQ
  - ✓ Muay Thai or Yoga Experience
  - ✓ Thai Massage
  - ✓ Beach Party!
  - ✓ Paradise Islands Boat Trip
  - ✓ Snorkelling
  - ✓ Phi Phi Islands Experience
  - ✓ Phi Phi Viewpoint
  - ✓ Elephant Experience
- Total Meals: 11B, 7L & 5D\*

\*Vegetarian meal options available at all stops



This is our premium trip with upgraded accommodation, extra meals and activities!



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)



# THAI INTRO + DIVE

13 DAYS BANGKOK → KOH TAO



## WHERE YOU STAY

- 2 Nights Bangkok - Guesthouse: In the heart of the traveller district of Khao San Rd.
- 1 Night Sleeper Train - Multi-Share Cabin: A comfy bed and great journey.
- 1 Night Khao Sok - Floating Bungalows: An amazing experience in the middle of the rainforest.
- 4 Nights Koh Phangan - Beachside Bungalows: Our own place with infinity pool, bar, gym, yoga hall and more!
- 4 Nights Koh Tao - Resort: Beachfront resort with pool, bar and restaurant.

\*You'll stay in a mix of twin, triple or multi-share rooms



## HIGHLIGHTS

- Experience the fascinating culture and crazy nightlife of buzzing Bangkok.
- Sleep overnight on floating bungalows in the magical Khao Sok National Park!
- Discover the best of the beautiful island of Koh Phangan, including beach parties and more!
- Learn to dive in Koh Tao and get your PADI Dive Certification!

## ITINERARY

### DAY 1 - ARRIVE IN BANGKOK

Landing in Bangkok, we'll meet you at the airport and take you to your guesthouse in the heart of the travellers district, Khao San Road. Meet up with your travel crew and get excited for the adventures to come.

### DAY 2 - CANALS, TEMPLES & TUK TUKS

We'll be experiencing Bangkok from a different angle this morning as we explore the city's legendary canals, taking in the floating markets and local ways of life. We'll then stop by some of the city's most sacred and famous temples, travelling by tuk tuk through the wild and crazy streets.

### DAY 3 - THAI COOKING CLASS

If you love Thai food, you'll be seriously into what comes next. This morning we'll be learning the secrets of Thai cooking with a hands on class, before boarding our overnight train (with fully reclining beds) south.

### DAY 4 - FLOATING BUNGALOW

Prepare to feel like you're having a pinch me moment as we make our way to our next stop. Winding through limestone cliffs on a traditional long boat, we'll reach our floating bungalow home for the night in dreamy Khao Sok National Park. You'll then spend the rest of the day kayaking, tubing and monkey spotting.

### DAY 5 - HELLO PARADISE

Let the beauty of the Thai Islands work their magic on you as we arrive into Koh Phangan, the island most famous for hosting the legendary full moon parties. We'll check into our exclusive beach side bungalows that come complete with infinity pool, gym and yoga space.

### DAY 6 - BEACH & MASSAGE

With a full day to yourself, today you can do as much or as little as you like. Chill on the beach or by the pool, explore the island, or play in the sea. We'll also treat you to a traditional Thai massage.

### DAY 7 - EXPLORE THE ISLAND

Today's all about exploring the best of Koh Phangan, including some of the island's best spots and lesser known beaches. You'll spend the day sun bathing then this evening we'll enjoy a beach BBQ.

### DAY 8 - MUAY THAI OR YOGA

Choose from a Muay Thai boxing class, where you'll learn how to punch and kick like a pro or you could instead opt for a private yoga class. Tonight's our last on Koh Phangan, so we'll be heading out as a group.

### DAY 9 - SCUBA THEORY

Saying goodbye to your Group Leader today, we'll travel to Koh Tao. Your pickup will meet you at the ferry and take you to your beach front resort, then it's back to school (but in a fun way) for SCUBA diving theory.

### DAY 10 - SHALLOW DIVE

You'll be putting your theory skills to the test this morning as you head out on your first open water dive. Heading to one of the islands many bays, you'll undertake a shallow dive to go through some essential skills like learning to use your equipment, getting used to breathing underwater and controlling your buoyancy.

### DAY 11 - TWO DIVES

Two further dives are on the agenda today, where you'll reach a maximum depth of 12 metres. You'll be concentrating on putting your new found skills into action, but don't forget to also take time to appreciate the brightly coloured coral reefs, tropical fish, and perhaps even spotting a turtle or two.

### DAY 12 - OPEN WATER DIVE

We'll head out to the famous Chumpon Pinnacles for an 18 metre dive to see bigger schools of fish, reef sharks and maybe even a whale shark!

### DAY 13 - CHECK OUT & TWO FUN DIVES

Checking out of our beach front resort this morning, you'll have two final fun dives to complete as part of your dive package. Your unforgettable 13 day adventure will then come to an end. Those flying home will make their way to the airport, or keep living the dream and extend your stay in Thailand with our help and the new friends you've made.

## INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 12 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Bangkok River Cruise
- ✓ Visit Ancient Temples
- ✓ Thai Cooking Class
- ✓ Khao Sok National Park
- ✓ Floating Bungalows
- ✓ Kayaking & Tubing
- ✓ Island Tour
- ✓ Beach BBQ
- ✓ Muay Thai or Yoga Experience
- ✓ Thai Massage
- ✓ PADI Open Water Dive Certification
- ✓ All Equipment & Manuals
- ✓ 6 Scuba Dives
- ✓ Western Dive Instructor

Total Meals: 3B, 3L & 2D\*

\*Vegetarian meal options available at all stops



This is our award winning Thai Intro trip with an epic open water dive package on the stunning Koh Tao!



#### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



#### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



#### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)



# VIETNAM

STARTS HERE.

*Vietnam is one of the most mysterious and fascinating destinations in all of South East Asia, and backpacking Vietnam is an amazing experience that should be on everyone's bucket list.*

*From plunging lime stone cliffs and dense rainforest to bustling cities immersed in history, Vietnam is full of incredible hidden gems, unique activities and jaw dropping locations.*

## FLYING TO VIETNAM

There are 3 international airports in Vietnam, but the main two are Noi Bai Airport in Hanoi (North Vietnam) and Tan Son Nhat Airport in Ho Chi Minh City (South Vietnam).

Depending on where in Vietnam you're heading and what you're planning to see both are suitable options to fly into to start your adventure.

All of the INTRO Vietnam tours start in Hanoi in the North.

## WEATHER IN VIETNAM

It's always a good time to go travelling in Vietnam. Most months of the year you will experience both sunshine and possibly some rain.

Vietnam is a country with over 2000 miles of coastline and often has 3 completely different weather systems. It's usually quite hot and humid most of the time, but it can occasionally get cold, especially in the north of Vietnam between November and February, so it's always best to bring a couple of warm layers with your summer clothing.

## USEFUL PHRASES

ENGLISH	VIETNAMESE	PRONUNCIATION
Hello	xin chào	sin chao
Thank you	cảm ơn	gamm ern
Goodbye	tạm biệt	dam bee et
How are you?	bạn khỏe không?	ban kwoeh kom
How much is it?	bao nhiêu tiền?	boa new ti en

## DID YOU KNOW?

Owning a car is incredibly expensive in Vietnam meaning that getting about on four wheels is often a luxury reserved for the rich and famous. Instead the people of Vietnam turn to a much faster and cheaper mode of transport; motorbikes!

In 2017 there were over 45 million motorbikes on Vietnamese roads, meaning at least 50% of the population owns one!

A trip to Hanoi or any major city will see motorbikes piled high with shopping, crops, food and more!





## BUCKET LIST



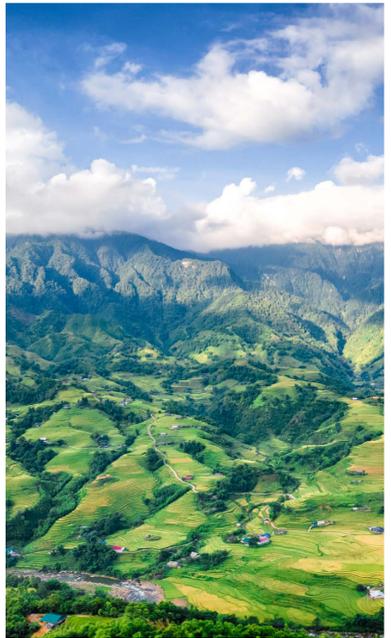
### NINH BINH

Featuring some of the most majestic and incredible landscape in all of South East Asia, Ninh Binh is an amazing (and often overlooked) hidden gem in the heart of Vietnam. Surrounded by towering lime stone cliffs and nestled upon lazily drifting rivers, this beautiful place is a glimpse at the quiet rural past of Vietnam, and an absolute must to catch a stunning sunset.



### CULTURE

Vietnam's ancient roots lie heavily within Chinese culture, an influence you'll see echoed throughout Vietnamese beliefs, temples and traditional garb. The colonisation by the French during the late 1800's led to the adoption and Westernisation of many aspects of the Vietnamese way of life, and created a unique and rich mix of cultures in South East Asia. Warfare has also played a key role in shaping the identity of the Vietnamese, most notably the Vietnam War, of which the effects on the landscape and culture can still be found throughout the country.



### LANDSCAPE

Vietnam is a country of tropical lowlands, rolling green hills, and densely forested mountains. Covered in rice paddy plains, river deltas and lime stone lined turquoise lakes, the lowlands of Vietnam make for some warm, lush and truly breathtaking locations like the famous Ha Long Bay. Punctuating these incredible natural areas are bustling cities full of life and culture and sprawling mountain ranges with incredible views of the green lands that sprawl away beneath them.



### PEOPLE

Vietnam's people are a special mix of cultures, languages and historical backgrounds. As in most Southeast Asia countries, they absolutely love to smile and are genuinely interested in visitors. Trying to speak small phrases will be rewarded with hospitality and good humour. Despite a tumultuous history with western culture the people here are moving on from the past and openly welcoming people to their incredible country.

## WHO WANTS TO BE A MILLIONAIRE?

Here's everything a couple of million Dong will get you!

### MILLIONAIRE SHOPPING LIST



### VISAS FOR VIETNAM

It's important to check your visa requirements before entering Vietnam. Depending on your nationality and how long you're planning on staying in Vietnam there are a few options. Get the full rundown in the visa section of the ['Important Stuff'](#) page on our website.



### MONEY

The currency of Thailand is called the Thai Baht. We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's and money exchanges available throughout Vietnam so it's easy to get access to your money. US Dollars are also widely accepted.

## FLAVOUR STARTS HERE..

### PHO

A rustic staple of Vietnamese cuisine, this soup and noodle dish is often enjoyed for breakfast by the locals (but is just as delicious at all times of day). Based on a not-too-sweet, not-too-spicy broth and filled with rice noodles, meat and fresh herbs, Pho is a simple, flavourful and hearty meal that you'll fall in love with.

### GỎI CUỐN - RICE PAPER ROLLS

Literally translating to "salad roll", Gỏi cuốn are cigar shaped tubes full of tasty greens & herbs, and often either shrimp or pork. With a dunk in a traditional sweet dipping sauce you have a quick, easy and delicious meal that's perfect to take on the go as you wander bustling city streets.

### BÁNH MÌ

A delicious leftover from the French presence in Vietnam, Vietnamese bread is unlike any other, and the cornerstone of one of Vietnam's tastiest dishes. The humble Banh Mi is incredibly cheap and delicious, taking a fresh French style baguette and filling it with a fusion of meats, fresh salad ingredients and topped with pate and mayo. Available anywhere & everywhere and a must eat!



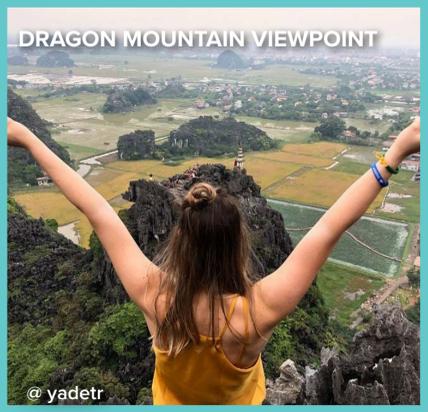
Known for its freshness & bold flavours, Vietnamese food is sweeping the world by storm and it's not hard to see why. Of course the absolute best is found in Vietnam itself. Here's the dishes you need to try!

## GRAM IT!

Vietnam is rich in beautiful culture and lush scenery. With so many incredible things to see and do you'll have posts lined up for months after your visit!



Ha Long Bay didn't become one of the most iconic landscapes in Vietnam by accident. The turquoise waters surrounded by thousands of stunning limestone islands and lush green rainforests mean impeccable photo opportunities around every corner, and the sunset from the deck of one of the many sleep aboard boats makes for a pic not to be missed.



The best snaps often require a little effort, and the Lying Dragon Mountain is no exception. Climbing 450 steep and sometimes uneven steps the climb to the top can be a tough one, but the panoramic views of the winding river and striking limestone cliffs from the top are worth it.



Inject some culture and colour into your feed in the bustling streets of Hanoi. From street vendors to motorbikes, Hanoi is a fast paced rainbow ready for your Insta.

# VIETNAM INTRO

9 DAYS HANOI → HOI AN

12 DAYS HANOI → HO CHI MINH CITY



100% CARBON NEUTRAL TOURS



## WHERE YOU STAY

2 Nights Hanoi - Hotel: A boutique hotel in the heart of Hanoi's Old Quarter.

1 Night Ha Long Bay - Overnight Boat: An amazing boat with incredible 360 degree views of Ha Long Bay.

1 Night Ninh Binh - Local Homestay: Private riverside bungalows in a magical setting.

1 Night Sleeper Train - 4 Bed Cabin: A comfy bed and great journey.

3 Nights Hoi An - Hotel: A nice hotel in a great location.

2 Nights Ho Chi Minh City - Hotel: A local hotel close to all the action.

1 Night Mekong Delta - Local Guesthouse: Authentic bungalows on a tiny island in the Mekong. (12 Day)



HA LONG BAY



HANOI

\*You'll stay in a mix of twin, double, triple, or multi-share rooms.

## HIGHLIGHTS

- Dive into the culture, food and fast paced lifestyle of buzzing Hanoi
- Kayak through caves and sleep onboard a boat surrounded by emerald green water in Ha Long Bay
- Visit the beautiful countryside of Ninh Binh and sleep at a local homestay
- Experience local village life amongst the green rice paddies of the Mekong Delta

## ITINERARY

### DAY 1 - ARRIVE IN HANOI

Landing in Hanoi, we'll meet you at the airport and take you to our accommodation in the heart of the old town. Meet up with your travel crew and get excited for the adventures to come.

### DAY 2 - RICKSHAWS

We'll jump straight into the hustle and bustle of Hanoi today with a walking and rickshaw tour of the city. Soak in daily life in the chaotic capital and fill up on spicy spring rolls and tasty street food. This evening we'll be heading out for dinner and drinks to see what Hanoi has to offer after dark.

### DAY 3 - HA LONG BAY

Experience the stunning natural wonder of Ha Long Bay, cruise on beautiful emerald green waters through towering limestone mountains topped with rainforest. Go kayaking through caves and enjoy some drinks aboard our overnight boat!

### DAY 4 - NINH BINH HOMESTAY

The rice paddies and vast limestone mountains of Ninh Binh await us today, where we'll be staying at a local homestay tonight, in traditional bungalows right by the river.

### DAY 5 - BIKE RIDES, ROW BOATS & A SUNSET HIKE

Heading out to explore the countryside retreat of Ninh Binh, we'll take to two wheels to weave through the rice paddies before taking a local row boat through the network of rivers and caves. We'll finish our time here with a hike to the Dragon Mountain viewpoint, before boarding our overnight train bound for Hoi An.

### DAY 6 - EXPLORE HOI AN

Beautiful, historical Hoi An will win you over in an instant as we arrive this morning. We'll check in to our hotel, then this afternoon you'll have time to explore, go shopping, or perhaps visit a local tailor to get a custom suit or dress made.

### DAY 7 - BASKET BOAT CRAB FISHING & COOKING CLASS

Local fishermen will be our guides today as we weave through coconut groves, teaching us the art of crab fishing. We'll then take part in a hands on cooking class to become masters of all things Vietnamese cuisine.

### DAY 8 - LANTERN MAKING

Today you'll try your hand at making a Vietnamese lantern! Then we'll take a short bicycle ride to the coast for a chilled beach day with some lunch at a cool beach club. Later we'll head out for dinner.

### DAY 9 - HO CHI MINH CITY

Taking to the skies, we'll head south to the bustling city of Ho Chi Minh. The rest of the day will be yours to explore as you wish. The 9 day trip finishes in Hoi An today.

### DAY 10 - MEKONG DELTA

Today we'll explore the incredibly lush green beauty of the Mekong Delta. See how locals live and work on the river, visit local villages, and stay tonight in a local homestay.

### DAY 11 - CU CHI TUNNELS

The Cu Chi Tunnels are on the agenda for today. This network of hand dug underground tunnels played a crucial role in the Vietnam War, providing supply routes, hideouts and living quarters for soldiers. Arriving back into Ho Chi Minh City in the afternoon, we'll be dressing sharp for our farewell dinner and party this evening.

### DAY 12 - DEPART HO CHI MINH CITY OR EXTEND YOUR STAY

Your unforgettable 12 day adventure will come to an end today. Those flying home will make their way to the airport, or keep living the dream and extend your stay in Vietnam or South East Asia with our help and the new friends you've made.

## 9 DAY INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
  - ✓ 8 Nights Accommodation
  - ✓ All Transport
  - ✓ Awesome Group Leader
  - ✓ Help with Onward Travel
  - ✓ Walking & Rickshaw Tour of Hanoi
  - ✓ Night Out in Hanoi
  - ✓ Overnight Boat Trip on Ha Long Bay
  - ✓ Local Homestay Experience
  - ✓ Bicycle Tour of Ninh Binh
  - ✓ Rice Paddies
  - ✓ River Boat Cruise
  - ✓ Dragon Mountain Viewpoint
  - ✓ Cooking Class
  - ✓ Lantern Making Class
  - ✓ Visit Local Markets
  - ✓ Basket Boat Crab Fishing
- Total Meals: 7B, 3L & 1D\*

## 12 DAY INCLUSIONS

- ✓ All 9 Day Inclusions
  - ✓ 11 Nights Accommodation
  - ✓ Cu Chi Tunnels Tours
  - ✓ Traditional Mud Fishing
  - ✓ Mekong Delta Experience
  - ✓ Local Village Visit
- Total Meals: 10B, 5L & 2D\*

\*Vegetarian meal options available at all stops



Vietnam Intro won 'Worldwide Tour of the Year!' This award is based on customer reviews and was out of 11,000+ tours.



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)



# VIETNAM EXPERIENCE

12 DAYS HANOI → HOI AN

15 DAYS HANOI → HO CHI MINH CITY



## WHERE YOU STAY

2 Nights Hanoi - Hotel: A boutique hotel in the heart of Hanoi's Old Quarter.

1 Night Ta Van Village - Local Homestay: A unique experience staying with a local family.

1 Night Sapa - Hotel: A mountain-side hotel with a beautiful view.

1 Night Sleeper Train - 4 Bed Cabin: A comfy bed and great journey.

1 Night Ha Long Bay - Overnight Boat: An amazing boat with incredible 360 degree views of Ha Long Bay.

2 Nights Ninh Binh - Local Homestay: Private riverside bungalows in a magical setting.

3 Nights Hoi An - Hotel: A nice hotel in a great location.

2 Nights Ho Chi Minh City - Hotel: A local hotel close to all the action. (15 Day)

1 Night Mekong Delta - Local Guesthouse: Authentic bungalows on a tiny island in the Mekong. (15 Day)

\*You'll stay in a mix of twin or double share rooms



SAPA HOMESTAY



SAPA

## HIGHLIGHTS

- Enjoy our hand-selected premium accommodation including four-star hotels and upgraded local home stays
- Dive into the culture, food and fast paced lifestyle of buzzing Hanoi
- Trek with locals through the beautiful Sapa
- Cruise, kayak and swim in of Ha Long Bay
- Be captured by the charm of Hoi An
- Experience local village life in the jungles of the Mekong Delta



## ITINERARY

### DAY 1 - ARRIVE IN HANOI

Landing in Hanoi, we'll meet you at the airport and take you to our accommodation. Meet up with your travel crew and get excited for the adventures to come.

### DAY 2 - RICKSHAW EXPLORING

We'll jump straight into the hustle of Hanoi today with a walking and rickshaw tour of the city. Tasty street food will keep us going as we soak in the intoxicating energy of the capital. This evening we'll head out for dinner and a drink!

### DAY 3 - SAPA TREKKING

This morning we'll take a VIP limousine bus to Sapa. We'll learn from our local guide how different ethnic groups live peacefully together while retaining their customs, then begin our trek deep into the Muong Hoa Valley. Passing rice paddies and mountain views, we might get a little muddy, but it's all part of the fun! Once at our homestay we'll have a well-deserved rest with dinner and a little rice wine.

### DAY 4 - VILLAGES & MOUNTAINS

Today is all about enjoying the post-card perfect landscapes as we trek through terraced hills. This afternoon a quick drive takes us back to Sapa, where we will check in to our beautiful mountain-side hotel and kick up our feet for a well-earned rest in peaceful surroundings.

### DAY 5 - EXPLORE SAPA TOWN

This morning you'll have the option of taking the cable car up Fan Si Pan peak. With a summit over 3100m, it boasts extravagant views of the mountainous landscape. This evening we'll board an overnight train for a unique but comfortable trip back to Hanoi.

### DAY 6 - HA LONG BAY

From Hanoi we'll travel to Ha Long Bay to board the luxurious boat that'll be our home for the night. Famous for emerald waters, limestone islands and thick rainforests, we'll see this world heritage site up close as we kayak, swim, and laze on the sundeck. In the evening enjoy a sunset from the deck and tuck into a fresh dinner before some drinks. It doesn't get much better than this!

### DAY 7 - TRAVEL TO NINH BINH

Today the rice paddies and vast mountains of Ninh Binh await. This evening we'll make the most of our serene surroundings as we cosy up in traditional bungalows by the river at a local homestay.

### DAY 8 - BIKE RIDES, BOATS & HIKES

Heading out to explore the rural paradise of Ninh Binh, we'll hop on two wheels to weave through rice paddies before taking a local rowboat through a network of rivers and caves. A hike up to Dragon Mountain viewpoint will reward us with epic views, and this evening we'll have a deserved rest back at our bungalows.

### DAY 9 - EXPLORE HOI AN

Our first internal flight will take us to the charming, historical Hoi An. Go shopping, stroll the alleys, or even visit a local tailor to get a custom suit or dress made. Tonight we head out for some dinner and drinks in this vibrant town.

### DAY 10 - BASKET FISHING & COOKING

Local fishermen will be our guides today as we weave through coconut groves learning the art of crab fishing. We'll then take part in a hands-on cooking class to become masters of all things Vietnamese cuisine! The afternoon is yours to chill by the pool or treat yourself to a massage. This evening we'll experience a cultural Bamboo show!

### DAY 11 - LANTERN MAKING

Today you'll try your hand at making a Vietnamese lantern! Then we'll take a short bicycle ride through idyllic fields to the coast for a chilled beach day with some lunch at a cool beach club.

### DAY 12 - HO CHI MINH CITY

Today we have a chilled morning to soak up the last bits of Hoi An then catch our second flight to Ho Chi Minh City. We'll head straight out onto the streets for some dinner, then up to a rooftop bar for drinks overlooking Ho Chi Minh's modern skyline.

The 12 day trip finishes in Hoi An today.

### DAY 13 - LOCAL LIFE ON THE MEKONG

Goodbye busy city and hello river life! Today we head to the lush beauty of the Mekong Delta for a special overnight experience. We'll get a serious culture fix as we explore a more authentic Vietnam, seeing how locals live and work on the river and checking in to a family-run homestay for the evening.

### DAY 14 - CU CHI TUNNELS

At the Cu Chi tunnels, we'll learn how this hand-dug underground network played a crucial role in the Vietnam War, providing supply routes, hideouts, and living quarters for soldiers. Arriving back into Ho Chi Minh City, we'll dress sharp for our farewell dinner and party this evening.

### DAY 15 - CHECK OUT

Your unforgettable 15 day adventure comes to an end. Those flying home will make their way to the airport, or keep living the dream and extend your stay in Vietnam or South East Asia with help from your group leader.

## 12 DAY INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 11 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Walking & Rickshaw Tour of Hanoi
- ✓ Local Markets
- ✓ Night Out in Hanoi
- ✓ Sapa Mountain-Side Accommodation
- ✓ Sapa Trekking with Locals
- ✓ Overnight Ha Long Bay Boat Trip
- ✓ Kayaking, Local Homestay in Ninh Binh
- ✓ Bicycle Tour, River Boat Trip
- ✓ Dragon Mountain Viewpoint
- ✓ Cooking Class
- ✓ Traditional Crab Fishing Basket Boat Tour
- ✓ Lantern Making

Total Meals: 10B, 5L & 3D\*

\*Vegetarian meal options available at all stops



This is our premium trip with upgraded accommodation, extra meals and activities!

## 15 DAY INCLUSIONS

- ✓ All 12 Day inclusions
- ✓ 14 Nights Accommodation
- ✓ Internal Flight
- ✓ Night Out in Ho Chi Minh City
- ✓ Overnight Mekong Delta Experience
- ✓ Local Village Visit
- ✓ Cu Chi Tunnels Tour

Total Meals: 13B, 6L & 4D\*

\*Vegetarian meal options available at all stops



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)

# CAMBODIA

STARTS HERE.

*Cambodia is a profoundly beautiful nation with a dark but fascinating past. Nestled in the heart of South East Asia it is a country of incredible & ancient wonders.*

*From the white sands & lazily swaying palm trees of picturesque Koh Rong Sanloem island, to the awe-inspiring and immensely spiritual Angkor Wat temple, Cambodia will leave an impression that will last a lifetime.*

## FLYING TO CAMBODIA

There are three international airports in Cambodia, however the primary ones are Phnom Penh and Siem Reap.

Phnom Penh International airport is the gateway to the bustling Cambodian capital and the beautiful beaches to the South. Meanwhile Siem Reap airport sits much closer to the iconic temple complex of Angkor Wat.

All INTRO Cambodia tours start in Phnom Penh.

## WEATHER IN CAMBODIA

Much like the rest of South East Asia, Cambodia only really experiences two seasons, a wet and a dry. There's no bad time to head here, as even during the wet season the weather is generally quite warm.

During the wet season (May - Sept) short rainfalls break through the generally more temperate days and the countryside is lush and emerald-green.

In the hotter months (Mar - Jun) temperatures can soar to up to 40°C as the country heats up and the beach weather sets in.

## USEFUL PHRASES

ENGLISH	KHMER
Hello	Susadei (Soos-a-day)
Thank you	Arkun (Ar-koon)
Goodbye	Lee hi (Lee-hi)
How are you?	Soksaby (Soks-a-bye)
How much is it?	Bo man (Bow-man)

## DID YOU KNOW?

In 2016 several previously undiscovered medieval cities were found beneath the tropical forest floor in the area surrounding Angkor Wat.

These ancient cities are between 900 and 1,400 years old, with some of them being the same size as Cambodia's modern capital, Phnom Penh.



## BUCKET LIST



### ANGKOR WAT TEMPLE

Angkor Wat is the 7th Wonder of the World, and when discovering this sprawling ancient landmark in person it's not hard to see why. The temple is the heart and soul of the Cambodian people, a stunning monument encompassing an area of about 200 hectares (500 acres) that will leave you awestruck as you stroll through its incredibly decorated walls and soaring spires.



### CULTURE

Over nearly two thousand years Cambodia developed its own unique culture & belief system known as Khmer, influenced by Buddhism directly from India. In 1975 Cambodia was taken over by a dictatorship called Khmer Rouge, who went on to commit one of the worst genocides in history, killing a quarter of the entire population. After the downfall of Pol Pot and his regime Cambodia has been slowly rebuilding and healing from this horrible time, and are still fiercely proud of their country that was once the largest empire in all South East Asia.



### 5 REASONS CAMBODIA SHOULD BE ON YOUR BUCKET LIST!

What is there to see in Cambodia?  
The answer: PLENTY!

[CHECK THEM OUT](#)



### LANDSCAPE

Cambodia sits nestled between Thailand and Vietnam, and combines some of the best elements of each of these countries. From dense green jungle highlands to white sandy beaches, Cambodia has miles of incredible landscape. Combine this with the sprawling river systems and waterways of the Mekong River crossing the country from top to bottom and you have a truly unique mix of scenery to discover.



### VISAS FOR CAMBODIA

It's important to check your visa requirements before entering Cambodia. Depending on your nationality and how long you're planning on staying in Cambodia there are a few options. Get the full rundown in the visa section of the ['Important Stuff'](#) page on our website.



### MONEY

The currency of Cambodia is called the Cambodian Riel.

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's and money exchanges available throughout Cambodia so it's easy to get access to your money. US dollars are also widely accepted in Cambodia.

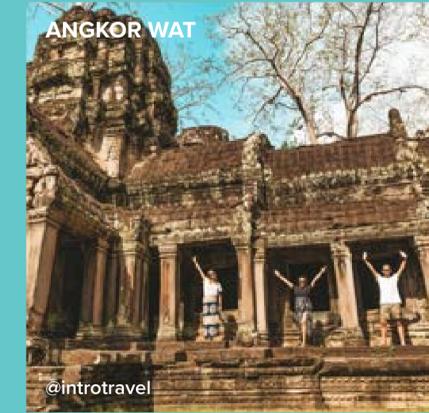


### PEOPLE

If the Cambodian people have learnt anything from their tragic history with the Khmer Rouge, it's resilience and gentleness. They are kind, caring and positive about the future of their beautiful nation. Despite Cambodia's dark past the Cambodian people are proud of their country and eager to share their culture and way of life with visitors.

## GRAM IT!

If you're planning a trip to Cambodia you probably already know that it's full of rich culture and breathtaking sights. Ancient ruins, crystal clear waters, and cheeky monkeys make for a combination of photo opportunities that you truly can't find anywhere else.



ANGKOR WAT  
@introtravel  
We know you saw this one coming- but no list would be complete without the mention of Angkor Wat. The ancient temple has what feels like endless photo opportunities. Your biggest struggle will be choosing which one to post!



KOH RONG SANLOEM  
@\_melissayang  
White sand beaches, towering palm trees, and ocean swings – the island of Koh Rong Sanloem has all the components of your Insta-game dreams. Be sure to get a shot of the beach during sunset as well for reflective colours that need #nofilter.



KAMPOT  
@tommie.travels  
A picturesque journey along the palm tree-lined rivers of Kampot is just what your Instagram needs. There are many ways to experience this place including guided kayaking trips, sunset boat rides and morning swims, each as Insta-worthy as the next.

## FLAVOUR STARTS HERE..

Cambodia's cuisine is all about contrasts, and in these combinations you'll find the unexpected & incredible flavours that define this amazing country. Read on for our must eat list!

### FISH AMOK

Possibly the most popular Cambodian dish, this tasty and creamy curry is made from a fresh and delicious blend of lemongrass, turmeric, ginger and coconut milk, and gives the soft fish a beautiful golden colour. Traditionally serve within a folded banana leaf, this meal is light on spice and big on flavour!

### MANGO SALAD

Cambodians love mangoes and eat them at every stage of ripeness, and the greenest ones become shredded salad. Similar to Thai green papaya salad, Cambodian green mango salad is refreshing and citrusy. A perfect meal that's light and fresh for when you're looking to cool down on a hot day!

### BAI SACH CHROUK BBQ PORK & RICE

A common breakfast favourite, this is one of the simplest and most delicious dishes you'll find in Cambodia. Thinly sliced pork marinated in coconut milk and garlic and served on a bed of rice, usually with some fresh pickles on the side. Found at street vendors throughout Cambodia, it's a great dish to ease into the local cuisine!



# CAMBODIA INTRO

10 DAYS PHNOM PENH → SIEM REAP



## WHERE YOU STAY

- 2 Nights Phnom Penh - Hotel: A boutique hotel in the heart of Phnom Penh.
- 2 Nights Kampot - Guesthouse: Traditional guesthouse, right by the river.
- 2 Nights Koh Rong Sanloem - Resort: A beautiful resort on a stunning beach.
- 1 Night Overnight Bus: Single bed on a comfortable bus.
- 2 Nights Siem Reap - Flash Hostel: Private rooms in an amazing funky hostel.

\*Apart from the overnight bus, all rooms are either twin, double, or triple share.



## HIGHLIGHTS

- Take a tuk tuk tour through the bustling streets of Cambodia's capital, Phnom Penh
- Join a local guide for a sobering tour of the S21 Prison and Killing Fields
- Enjoy country life in the peaceful town of Kampot
- Dig your toes in the sand in the tropical island paradise of Koh Rong Sanloem
- Explore one of the 7 Ancient Wonders of the World, Angkor Wat

## ITINERARY

### DAY 1 - ARRIVE IN PHNOM PENH

Landing in bustling Phnom Penh, we'll meet you at the airport and take you to your hotel, where you'll meet up with your travel crew and get excited for the adventures to come. Tonight we'll then kick things off with dinner and drinks.

### DAY 2 - TUK TUK TOUR & CAMBODIAN HISTORY

Today will start with a tuk tuk tour through the busy streets of Phnom Penh, where you'll get a glimpse into how local people go about their daily routines. We'll then pay a visit to two locations that played a pivotal role in Cambodia's sad and troubled history - the S21 Prison, and the Killing Fields. This evening, dinner, drinks and a night out Phnom Penh style are on the agenda.

### DAY 3 - KAYAKING IN KAMPOT

Today we'll travel to the peaceful countryside province of Kampot. After settling in to our cosy traditional guesthouse nestled right by the river, this afternoon we'll travel by kayak, weaving down the river whilst soaking in the tranquil surroundings.

### DAY 4 - PEPPER PLANTATION & COOKING CLASS

Fun fact - Kampot is famed for producing some of the best pepper in the world. We'll be putting that theory to the test this morning as we visit a pepper plantation where our guide will give us a tour of the plantation followed by a cooking class. We'll learn how to make some of Cambodia's most iconic dishes, before heading out on the river for a chilled out sunset cruise.

### DAY 5 - HELLO PARADISE

Undoubtedly one of the most beautiful beaches in all the country, we'll travel by train and fast ferry to reach the paradisiacal island that is Koh Rong Sanloem, where we'll be checking in to our accommodation that is owned by the Chief of the village. This afternoon, feel yourself slipping in to island time as you laze on the beach, beer in hand and snapping up those island Insta pics at the Cliff Bar for sunset.

### DAY 6 - SNORKELLING

It's all aboard a private long tail boat this morning as we head out to uncover some of the island's best snorkel spots. Expect to find yourself chilling out on secluded beaches, or exploring the colourful underwater world as you swim with tropical fish.

### DAY 7 - CHILL OUT & NIGHT BUS

This morning we'll enjoy our final day on the island relaxing on the beach. We'll then catch the ferry back to the mainland for dinner before boarding an overnight bus bound for Siem Reap.

### DAY 8 - FLOATING VILLAGE

Arrive in Siem Reap early in the morning. From there we'll venture out to the rural areas and discover some traditional floating villages surrounded by lush rice fields, lotus flowers and flooded forests.

### DAY 9 - ANGKOR WAT

Saving the best for last, today's the day you'll get to cast eyes on one of the 7 Ancient Wonders of the World. Built in the first half of the 12th century, Angkor Wat is one of the oldest and largest temples in the world. We'll explore the site and learn the history with a local guide, and maybe even reenact our favourite Tomb Raider scenes as we visit Ta Prohm, a temple featured in the movie We'll head out tonight for our farewell dinner and night out!

### DAY 10 - DEPART SIEM REAP OR EXTEND YOUR STAY

Your unforgettable 10 day adventure comes to an end today. Those flying home will make their way to the airport, or keep living the dream and extend your stay in Cambodia or South East Asia with our help and the new friends you've made.

## INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 9 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Tuk Tuk Tour of Phnom Penh
- ✓ S21 Prison With Local Guide
- ✓ Tour of the Killing Fields
- ✓ River Kayaking
- ✓ Pepper Plantation
- ✓ Khmer Cooking Class
- ✓ River Cruise
- ✓ Koh Rong Sanloem Boat Trip
- ✓ Snorkelling
- ✓ Floating Villages
- ✓ Angkor Wat Sunrise Temple Tour

Total Meals: 9B, 1L & 1D\*

\*Vegetarian meal options available at all stops

“ Couldn't have asked for a better experience in Cambodia! The combination of cultural experiences, relaxation time and the expertise of our group leader was incredible! Would highly recommend anyone thinking of doing an Intro travel tour! Can't wait to embark on my next adventure with INTRO! - SARAH, AUSTRALIA ”

[READ MORE](#)



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)



KOH RONG SANLOEM  
DAYS 5 - 7

KAMPOT  
DAYS 3 - 4

SIEM REAP  
DAYS 8 - 10

PHNOM PENH  
DAYS 1 - 2

**INTRO**  
TRAVEL

CHECK OUT THE TRIPS

# SOUTH EAST ASIA

MULTI-COUNTRY TRIPS

## CAN'T DECIDE?

With so many incredible things to see, do and taste across Asia we don't blame you for having trouble choosing where to go next! That's exactly why we've combined some of our most epic (and award-winning) tours in these amazing combo trips.

Our multi-country options make it easy for you to tick off your bucket list across Thailand, Vietnam and Cambodia and see the best of these awesome countries in one simple combo trip!

# VIETNAM + CAMBODIA

21 DAYS HANOI → SIEM REAP



## VIETNAM + CAMBODIA

100% CARBON NEUTRAL TOURS

## HIGHLIGHTS

- Kayak through caves in Ha Long Bay
- Visit the beautiful countryside of Ninh Binh and sleep at a local homestay
- Experience local village life amongst the green rice paddies of the Mekong Delta
- Enjoy country life in the peaceful town of Kampot
- Dig your toes in the sand in the tropical island paradise of Koh Rong Sanloem
- Explore one of the 7 Ancient Wonders of the World, Angkor Wat



## ITINERARY

### DAY 1 - ARRIVE IN HANOI

Landing in Hanoi, we'll meet you at the airport and take you to our accommodation in the heart of the old town. Meet up with your travel crew and get excited!

### DAY 2 - RICKSHAW EXPLORING

We'll jump straight into the hustle and bustle of Hanoi today with a walking and rickshaw tour of the city. This evening we'll be heading out for dinner and drinks.

### DAY 3 - HA LONG BAY STAY

From Hanoi we'll travel to Ha Long Bay, where we'll cruise the emerald green waters surrounded by limestone mountains. We'll jump into kayaks to explore before settling down for the evening on our overnight boat.

### DAY 4 - NINH BINH HOMESTAY

The rice paddies and vast limestone mountains of Ninh Binh await us today, where we'll be stay-ing at a local homestay in traditional bungalows right by the river.

### DAY 5 - EXPLORE NINH BINH

Exploring Ninh Binh on two wheels, we'll weave through rice paddies before taking a local row boat through the network of rivers. We'll finish our time here with a hike before boarding our overnight train bound for Hoi An.

### DAY 6 - EXPLORE HOI AN

Beautiful, historical Hoi An will win you over as we arrive this morning. We'll check in to our hotel, then this afternoon you'll have time to explore the city, go shopping, or perhaps visit a local tailor to get a custom suit or dress made.

### DAY 7 - BASKET BOAT CRAB FISHING & COOKING CLASS

Local fishermen will be our guides today as we weave through coconut groves, teaching us the art of crab fishing. We'll then take part in a cooking class to become masters of all things Vietnamese cuisine.

### DAY 8 - LANTERN MAKING CLASS

Today you'll make a Vietnamese lantern! Then we'll take a short bicycle ride through idyllic fields to the coast for a chilled beach day with some lunch at a cool beach club. We'll then head out for dinner together.

### DAY 9 - HO CHI MINH CITY

Today we catch a short flight south to the bustling city of Ho Chi Minh. The rest of the day will be yours to explore.

### DAY 10 - MEKONG DELTA

Today we'll explore the incredibly lush green beauty of the Mekong Delta. See how locals live and work on the river, visit local villages, and stay tonight in a local homestay.

### DAY 11 - CU CHI TUNNELS

The Cu Chi Tunnels are on the agenda for today. This network of hand dug underground tunnels played a crucial role in the Vietnam War, providing supply routes, hideouts and living quarters for soldiers. Arriving back into Ho Chi Minh City in the afternoon, we'll be dressing sharp for our dinner and party this evening.

### DAY 12 - HEAD TO CAMBODIA!

Country hopping from Vietnam to Cambodia via bus, we'll cross the border and arrive into Phnom Penh, Cambodia's capital, in the early afternoon. We'll then freshen up and head out for dinner.

### DAY 13 - PHNOM PENH & KILLING FIELDS

Today will start with a tuk tuk tour through the busy streets of Phnom Penh. We'll then pay a visit to two locations that played a pivotal role in Cambodia's sad and troubled history - the S21 Prison, and the Killing Fields. The stories and history you'll learn here will be difficult, but also necessary to understand Cambodia's past. This evening, dinner, drinks and a night out Phnom Penh style are on the agenda.

### DAY 14 - KAYAKING IN KAMPOT

Swapping city streets for laid back country roads, today we'll travel to the peaceful countryside province of Kampot. After settling into our cosy traditional guesthouse right by the river, this afternoon we'll travel by kayak, weaving down the river whilst soaking in the tranquil surroundings.

### DAY 15 - COOKING CLASS & SUNSET BOAT TRIP

Today we'll learn how to make some of Cambodia's most iconic dishes before visiting a local pepper plantation as Kampot is famed for producing some of the best pepper in the world! We'll later head out on the river for an Insta-worthy sunset cruise.

### DAY 16 - WELCOME TO PARADISE

Undoubtedly one of the most beautiful beaches in all the country, we'll travel by train and fast ferry to reach the paradisiacal island that is Koh Rong Sanloem, where we'll be checking in to our accommodation that is owned by the Chief of the village. This afternoon, feel yourself slipping in to island time as you laze on the beach, beer in hand and snapping up those island Insta pics at the Cliff Bar for sunset.

## WHERE YOU STAY

- 2 Nights Hanoi - Hotel
- 1 Night Ha Long Bay - Overnight Boat
- 1 Night Ninh Binh - Local Homestay
- 1 Night Sleeper Train - 4 Bed Cabin
- 3 Nights Hoi An - Hotel
- 2 Nights Ho Chi Minh City - Hotel
- 1 Night Mekong Delta - Local Guesthouse
- 2 Nights Phnom Penh - Hotel
- 2 Nights Kampot - Riverside Guesthouse
- 2 Nights Koh Rong Sanloem - Resort
- 1 Night Overnight Bus
- 2 Nights Siem Reap - Flash Hostel

\*Apart from the overnight trains, all rooms are a mix of twin, double, triple or multi-share rooms.

## INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
  - ✓ 20 Nights Accommodation
  - ✓ All Transport
  - ✓ Awesome Group Leader
  - ✓ Help with Onward Travel
  - ✓ Walking & Rickshaw Tour of Hanoi
  - ✓ Experience Local Life
  - ✓ Night Out in Hanoi
  - ✓ Overnight Boat Trip on Ha Long Bay
  - ✓ Kayaking
  - ✓ Local Homestay Experience
  - ✓ Bicycle Tour of Ninh Binh
  - ✓ River Boat Cruise
  - ✓ Dragon Mountain Viewpoint
  - ✓ Cooking Class
  - ✓ Basket Boat Crab Fishing
  - ✓ Cu Chi Tunnels Tour
  - ✓ Traditional Mud Fishing
  - ✓ Mekong Delta Experience
  - ✓ Local Village Visit
  - ✓ Tuk Tuk Tour of Phnom Penh
  - ✓ S21 Prison With Local Guide
  - ✓ Tour of the Killing Fields
  - ✓ River Kayaking
  - ✓ Pepper Plantation
  - ✓ Khmer Cooking Class
  - ✓ Koh Rong Sanloem Island Boat Trip
  - ✓ Snorkelling & River Cruise
  - ✓ Floating Villages
  - ✓ Angkor Wat Sunrise Temple Tour
- Total Meals: 19B, 6L & 3D\*

\*Vegetarian meal options available at all stops



## CHECK DATES & PRICES

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# THAILAND + VIETNAM

29 DAYS BANGKOK → HO CHI MINH CITY



## HIGHLIGHTS

- Cruise Bangkok's canals and experience local life
- Float around the idyllic Phi Phi islands on an exclusive boat trip
- Visit remote hill tribes and make friends with elephants in Chiang Mai
- Dive into the culture, food and fast paced lifestyle of buzzing Hanoi
- Kayak through caves in Ha Long Bay
- Experience local village life amongst the green rice paddies of the Mekong Delta



## ITINERARY

### DAY 1 - ARRIVE IN BANGKOK

Landing in Bangkok, we'll meet you at the airport and take you to your guesthouse in the heart of the travellers district, Khao San Road. Meet up with your travel crew and get excited for the adventures to come.

### DAY 2 - TEMPLES, TUK TUKS & PARTY

We'll explore the city's legendary canals, taking in the floating markets and local ways of life. We'll then stop by some of the city's most sacred and famous temples, travelling by tuk tuk through the wild and crazy streets.

### DAY 3 - THAI COOKING CLASS

If you love Thai food, you'll be seriously into what comes next. This morning we'll be learning the secrets of Thai cooking class, before boarding our overnight train (with fully reclining beds) which will carry us south.

### DAY 4 - FLOATING BUNGALOWS

Winding through limestone cliffs on a traditional long tail boat, we'll reach our floating bungalow home for the night in the dreamy Khao Sok National Park. You'll then spend the rest of the day kayaking, tubing and monkey spotting.

### DAY 5 - WELCOME TO PARADISE

Let the beauty of the Thai Islands work their magic on you as we arrive into Koh Phangan, the island most famous for hosting the legendary full moon parties. We'll check into our exclusive beach side bungalows that come complete with infinity pool, gym and yoga space.

### DAY 6 - TRADITIONAL MASSAGE

Chill on the beach or by the pool or explore the island. We'll also treat you to a Thai massage.

### DAY 7 - EXPLORE KOH PHANGAN

Today's all about exploring the very best of Koh Phangan, including some of the island's best spots and lesser known beaches. You'll spend the day sun bathing then this evening we'll tuck into a tasty beach BBQ.

### DAY 8 - MUAY THAI OR YOGA

Choose from a Muay Thai boxing class, where you'll learn how to punch and kick like a pro or you could instead opt for a private yoga class.

### DAY 9 - SAY 'SAWASDEE' TO PHI PHI

Today we'll wave goodbye to Koh Phangan and say 'sawasdee' to Phi Phi. Arriving late afternoon, we'll check in to our beautiful resort then head out for dinner, drinks and a beach party.

### DAY 10 - PHI PHI EXPERIENCE

We'll be heading off on a boat trip around the impossibly beautiful Phi Phi Leh. Snorkelling, kayaking and even an after dark underwater light show are all on the cards, and we'll top the day off with dinner and drinks under the stars.

### DAY 11 - PHI PHI ISLANDS BOAT TRIP

We'll kick things off with a hike to one of Phi Phi's best viewpoints, followed by a private boat trip to some of the most beautiful islands surrounding ours.

### DAY 12 - TRAVEL TO PHUKET

Travel to Phuket and enjoy sunset dinner and drinks.

### DAY 13-17 - CHIANG MAI

### DAY 13-17 - CHIANG MAI

We'll fly to the amazing Chiang Mai. Check in and relax or head out and explore the city. See ancient temples, local farms and the fascinating 'sticky' waterfalls! Trek through and stay overnight in the amazing jungle of Chiang Mai before bamboo river rafting back home! You'll then learn to feed and care for the elephants and share a swim with them in their sanctuary!

### DAY 18 - TRAVEL TO HANOI

Your Vietnam group leader will meet you at Hanoi airport and take you to the guesthouse. You'll have plenty of time to chill out with everyone in your group.

### DAY 19 - RICKSHAW EXPLORING

We'll jump straight into the hustle and bustle of Hanoi today with a walking and rickshaw tour of the city. This evening we'll be heading out for dinner and drinks to see what Hanoi has to offer after dark.

### DAY 20 - HA LONG BAY STAY

We'll travel to Ha Long Bay, where we'll cruise the emerald green waters surrounded by limestone mountains. We'll jump into kayaks to explore before our the evening on the overnight boat.

### DAY 21 - NINH BINH HOMESTAY

Ninh Binh awaits us today, where we'll be staying at a local homestay in traditional bungalows right by the river.

### DAY 22 - BIKE RIDES & ROW BOATS

We'll explore Ninh Binh on two wheels before taking a local row boat through the network of rivers. We'll finish our time here with a hike before boarding our overnight train bound for Hoi An.

## WHERE YOU STAY

- 2 Nights Bangkok - Guesthouse
- 1 Night Sleeper Train - Multi-Share Cabin
- 1 Night Khao Sok - Floating Bungalows
- 4 Nights Koh Phangan - Beachside Bungalows
- 4 Nights Phi Phi Islands - Guesthouse
- 1 Night Phuket - Hotel
- 4 Nights Chiang Mai - Guesthouse
- 1 Night Local Hill Tribe - Jungle Hut
- 2 Nights Hanoi - Hotel
- 1 Night Ha Long Bay - Overnight Boat
- 1 Night Ninh Binh - Local Homestay
- 1 Night Sleeper Train - 4 Bed Cabin
- 3 Nights Hoi An - Hotel
- 2 Nights Ho Chi Minh City - Hotel
- 1 Night Mekong Delta - Local Guesthouse

\*Apart from the overnight trains, all rooms are a mix of twin, double, triple or multi-share rooms.

### DAY 23 - EXPLORE HOI AN

We'll check in to our hotel, then this afternoon you'll have time to explore, go shopping, or perhaps visit a local tailor to get a custom suit or dress made.

### DAY 24 - BASKET BOAT CRAB FISHING & COOKING CLASS

Local fishermen will be our guides today as they teach us the art of crab fishing. We'll then take part in a Vietnamese cooking class.

### DAY 25 - LANTERN MAKING CLASS

Today you'll get to make Vietnamese lanterns! Then we'll take a short bicycle ride through idyllic fields to the coast for a chilled beach day with some lunch at a cool beach club. Later we'll head out for dinner.

### DAY 26 - HO CHI MINH CITY

Today we catch a short flight south to the bustling city of Ho Chi Minh. The rest of the day will be yours to explore!

### DAY 27 - MEKONG DELTA

Today we'll explore the incredibly lush green beauty of the Mekong Delta. See how locals live and work on the river, visit local villages, and stay tonight in a local homestay.

### DAY 28 - CU CHI TUNNELS

The Cu Chi Tunnels are on the agenda for today. This network of hand dug underground tunnels played a crucial role in the Vietnam War. Arriving back into Ho Chi Minh City in the afternoon, we'll have our farewell dinner this evening.

### DAY 29 - CHECK OUT

Your 29 day adventure finishes today in Ho Chi Minh City. We'll help you plan and organise your onward travel.

## INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
  - ✓ 28 Nights Accommodation
  - ✓ All Transport
  - ✓ Awesome Group Leader
  - ✓ Help with Onward Travel
  - ✓ Bangkok River Cruise & Visit Ancient Temples
  - ✓ Thai Cooking Class
  - ✓ Party in Bangkok
  - ✓ Khao Sok National Park & Floating Bungalows
  - ✓ Kayaking or Tubing
  - ✓ Island Tour
  - ✓ Muay Thai or Yoga Experience
  - ✓ Thai Massage
  - ✓ Paradise Islands Boat Trip
  - ✓ Phi Phi Islands Experience & Viewpoint
  - ✓ Overnight Hill Tribe Trek
  - ✓ Bamboo River Rafting
  - ✓ Elephant Experience
  - ✓ Chiang Mai Markets & Nightlife
  - ✓ Walking & Rickshaw Tour of Hanoi
  - ✓ Night Out in Hanoi
  - ✓ Overnight Boat Trip on Ha Long Bay
  - ✓ Kayaking
  - ✓ Local Homestay Experience
  - ✓ Bicycle Tour of Ninh Binh
  - ✓ River Boat Cruise
  - ✓ Dragon Mountain Viewpoint
  - ✓ Vietnamese Cooking Class
  - ✓ Visit Local Markets
  - ✓ Basket Boat Crab Fishing
  - ✓ Cu Chi Tunnels Tours
  - ✓ Traditional Mud Fishing
  - ✓ Mekong Delta Experience
- Total Meals: 17B, 13L & 7D\*

\*Vegetarian meal options available at all stops



## CHECK DATES & PRICES

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## WHERE YOU STAY

- 2 Nights Bangkok - Guesthouse
- 1 Night Sleeper Train - Multi-Share Cabin
- 1 Night Khao Sok - Floating Bungalows
- 4 Nights Koh Phangan - Beachside Bungalows
- 4 Nights Phi Phi Islands - Guesthouse
- 1 Night Phuket - Hotel
- 4 Nights Chiang Mai - Guesthouse
- 1 Night Local Hill Tribe - Jungle Hut
- 2 Nights Hanoi - Hotel
- 1 Night Ha Long Bay - Overnight Boat
- 1 Night Ninh Binh - Local Homestay
- 1 Night Sleeper Train - 4 Bed Cabin
- 3 Nights Hoi An - Hotel
- 2 Nights Ho Chi Minh City - Hotel
- 1 Night Mekong Delta - Local Guesthouse
- 2 Nights Phnom Penh - Hotel
- 2 Nights Kampot - Riverside Guesthouse
- 2 Nights Koh Rong Sanloem - Beach Side Resort
- 1 Night Overnight Bus
- 2 Nights Siem Reap - Flash Hostel

\*Apart from the overnight trains and bus, all rooms are a mix of twin, double, triple or multi-share rooms.

## INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 37 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Bangkok River Cruise & Visit Ancient Temples
- ✓ Thai Cooking Class
- ✓ Party in Bangkok
- ✓ Khao Sok National Park & Floating Bungalows
- ✓ Kayaking or Tubing
- ✓ Island Tour
- ✓ Muay Thai or Yoga Experience
- ✓ Thai Massage
- ✓ Paradise Islands Boat Trip
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- ✓ Walking & Rickshaw Tour of Hanoi
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- ✓ River Boat Cruise
- ✓ Dragon Mountain Viewpoint
- ✓ Vietnamese Cooking Class
- ✓ Visit Local Markets
- ✓ Basket Boat Crab Fishing
- ✓ Cu Chi Tunnels Tours
- ✓ Traditional Mud Fishing
- ✓ Mekong Delta Experience
- ✓ Tuk Tuk Tour of Phnom Penh
- ✓ S21 Prison With Local Guide
- ✓ Tour of the Killing Fields
- ✓ Pepper Plantation
- ✓ Khmer Cooking Class & River Cruise
- ✓ Koh Rong Sanloem Island Boat Trip & Snorkelling
- ✓ Floating Villages
- ✓ Angkor Wat Sunrise Temple Tour

Total Meals: 25B, 14L & 6D\*

\*Vegetarian meal options available at all stops



## CHECK DATES & PRICES

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## HIGHLIGHTS

- Experience the fascinating culture and crazy nightlife of buzzing Bangkok.
- Discover the beautiful island of Koh Phangan including beach parties & more!
- Experience the world famous Phi Phi Islands on an exclusive boat trip.
- Experience the stunning Ha Long Bay
- Discover local life in the lush Mekong Delta & visit the Cu Chi Tunnels.
- Discover the fascinating and mind-blowing Angkor Wat.

## ITINERARY

### DAY 1 - YOUR ADVENTURE BEGINS!

We'll be at the airport to meet you and take you to the guesthouse to meet your group.

### DAY 2 - TEMPLES, TUK TUKS & PARTY

We'll cruise the canals of Bangkok by long-tail boat, explore ancient temples, ride a tuk tuk, and enjoy the nightlife!

### DAY 3 - THAI COOKING CLASS

Learn the secrets to preparing delicious Thai food with a traditional Thai cooking class. Then we board the overnight train and head to the south of Thailand.

### DAY 4 - FLOATING BUNGALOWS

Winding through limestone cliffs on a traditional long tail boat, we'll reach our floating bungalow home for the night. You'll then spend the rest of the day kayaking and tubing.

### DAY 5-6 - KOH PHANGAN

Arrive on Koh Phangan and check into our exclusive beach side bungalows! The next day unwind and relax, before being pampered with a traditional Thai massage.

### DAY 7 - EXPLORE KOH PHANGAN

You'll spend the day sun bathing then this evening we'll tuck into a tasty beach BBQ.

### DAY 8 - MUAY THAI OR YOGA

Get moving today with a Muay Thai boxing class, or keep it chill with a private yoga class. Tonight's our last on Koh Phangan, so we'll be heading out as a group!

### DAY 9-12 - PHI PHI & PHUKET

Arriving late afternoon, we'll check in to our beautiful resort then head out for dinner, drinks and a beach party. The next day we'll be heading off on a boat trip around beautiful Phi Phi Leh. Snorkelling, kayaking and an after dark underwater light show are all on the cards. We'll kick things off the next day with a hike to one of Phi Phi's best viewpoints, followed by a private boat trip to some beautiful islands. The next day we will travel to Phuket!

### DAY 13-17 - FLY TO CHIANG MAI

We'll fly to the amazing Chiang Mai. See ancient temples, local farms and the fascinating 'sticky' waterfalls. Trek through and stay overnight in the amazing jungle of Chiang Mai before bamboo river rafting back home! You'll then learn to feed and care for the elephants and share a swim with them in their sanctuary!

### DAY 18-19 - EXPLORE HANOI

Today we fly to bustling Hanoi. Our Vietnam Group Leader will meet you at the airport. The next day will include a walking and rickshaw tour of the city. This evening we'll be heading out for dinner and drinks!

### DAY 20 - HA LONG BAY EXPERIENCE

From Hanoi we'll travel to Ha Long Bay, where we'll cruise the emerald green waters and kayak through caves before settling down for the evening on our overnight boat.

### DAY 21-22 - NINH BINH

We'll be staying at a homestay in traditional bungalows by the river. Whilst here we'll ride bikes through the paddies, row along the network of rivers and take on a hike to Dragon Mountain Viewpoint, before boarding our overnight train to Hoi An.

### DAY 23 - EXPLORE HOI AN

Beautiful, historical Hoi An will win you over in an instant as we arrive this morning. We'll check in to our hotel, then this afternoon you'll have time to explore.

### DAY 24 - BASKET BOAT CRAB FISHING

Local fishermen will be our guides today as we weave through coconut groves, teaching us the art of crab fishing. We'll then take part in a hands on cooking class.

### DAY 25 - LANTERN MAKING CLASS

Today you'll try your hand at making an awesome Vietnamese souvenir – a lantern! Then we'll take a short bicycle ride through idyllic fields to the coast for a chilled beach day with some lunch at a cool beach club.

### DAY 26 - HO CHI MINH CITY

Taking to the skies, we'll head south to the bustling city of Ho Chi Minh. The rest of the day will be yours to explore!

### DAY 27 - LOCAL LIFE ON THE MEKONG

We'll be seeing how locals live and work on the river, visit local villages, and stay tonight in a local homestay.

### DAY 28 - CU CHI TUNNELS

We'll discover the crucial role this under-ground network played in the Vietnam War. Arriving back into Ho Chi Minh City later, we'll head out for dinner and drinks this evening.

### DAY 29 - ARRIVE IN PHNOM PENH

Country hopping from Vietnam to Cambodia via bus, we'll cross the border and arrive into Phnom Penh. Later we'll head out for dinner.

### DAY 30 - TUK TUKS & HISTORY

Today will start with a tuk tuk tour through the streets of Phnom Penh. We'll then visit the S21 Prison and the Killing Fields, two locations that played a pivotal role in Cambodia's sad and troubled history. This evening, dinner, drinks and a night out Phnom Penh style are the plan.

### DAY 31-32 - KAYAKING & COOKING

We'll travel to the peaceful countryside province of Kampot where we'll stay in a cosy guesthouse nestled by the river. Whilst here we'll kayak down the peaceful river, partake in a traditional Cambodian cooking class and visit a pepper plantation. We'll wrap up our time in Kampot with an Insta-worthy sunset cruise.

### DAY 33-35 - KOH RONG SANLOEM

Travelling by train and fast ferry to Koh Rong Sanloem, we'll check in to our accommodation that is owned by the Chief of the village. Chilling is the aim of the game here, plus we'll squeeze in a ride on a private long tail boat to scope out some snorkelling spots. We'll then board our overnight bus to Siem Reap.

### DAY 36-37 - SIEM REAP

The final location of our adventure, we'll arrive into Siem Reap early in the morning, then head out to visit the countryside and floating villages. Next morning and ending on a high, we'll watch the sunrise over Angkor Wat and learn more about this Ancient Wonder of the World.

### DAY 38 - CHECK OUT

Your epic 38 day adventure comes to an end today. Those flying home will make their way to the airport, or keep living the dream and extend your stay in Cambodia or South East Asia with our help and the new friends you've made.



# THAILAND + VIETNAM EXPERIENCE

27 DAYS

BANGKOK → HO CHI MINH CITY



## HIGHLIGHTS

- Enjoy our hand-selected premium accommodation including four-star hotels & upgraded local home stays
- Cruise Bangkok's canals & experience local life
- Spend the night in floating bungalows & magical treehouses in the heart of Khao Sok National Park
- Float around the idyllic Phi Phi islands on an exclusive boat trip
- Learn how to care for elephants at an incredible sanctuary
- Dive into the culture, food & fast paced lifestyle of buzzing Hanoi
- Trek with locals through the beautiful Sapa
- Sail, kayak & swim the emerald waters of Ha Long Bay
- Experience local village life in the jungles of the Mekong Delta



## ITINERARY

### DAY 1 - ARRIVE IN BANGKOK

Landing in Bangkok, we'll meet you at the airport and take you to your luxury 4 star hotel located. Meet up with your travel crew and get excited for the adventures to come.

### DAY 2 - TEMPLES & TUK TUKS

We'll be experiencing Bangkok from a different angle this morning as we explore the city's legendary canals by long-tail boat, taking in the floating markets and local ways of life. We'll then stop by some of the city's most sacred temples, travelling by tuk tuk through the crazy streets.

### DAY 3 - THAI COOKING CLASS

If you love Thai food, you'll be seriously into what comes next. This morning we'll be learning the secrets of Thai cooking with a hands on class, before boarding our overnight train (with fully reclining beds) south.

### DAY 4 - FLOATING BUNGALOWS

Winding through limestone cliffs on a traditional long boat, we'll reach our floating bungalow home for the night in dreamy Khao Sok National Park. You'll then spend the rest of the day kayaking, tubing and monkey spotting.

### DAY 5 - TREEHOUSE STAY

Today we'll experience local life as we visit a sustainable family farm. We'll jump into a beautiful turquoise river, where we'll kayak or tube towards our tree house for the night.

### DAY 6 - HELLO PARADISE

We'll arrive into Koh Phangan, the island most famous for hosting the legendary full moon parties. Upon arrival we'll check into Sarana, our exclusive beach side bungalows that come complete with infinity pool, gym and yoga space.

### DAY 7 - EXPLORE THE ISLAND

Today's all about exploring the very best of Koh Phangan, including some of the island's best secret spots and lesser known beaches. You'll spend the day sun bathing then this evening we'll tuck into a beach BBQ.

### DAY 8 - MUAY THAI OR YOGA

This morning you have the choice of participating in a Muay Thai boxing class and a private yoga class followed by a traditional Thai massage! Tonight we'll be heading out as a group for a night out.

### DAY 9 - TRAVEL TO PHI PHI

We'll wave goodbye to Koh Phangan and say 'sawasdee' to Phi Phi. Arriving late afternoon, we'll check in to our resort then head out for dinner, drinks and a beach party.

### DAY 10 - SPEED BOAT TRIP

Don't forget your snorkel and sunscreen today as we'll be heading off via private speedboat around the impossibly beautiful Phi Phi Leh. Visiting hidden lagoons, sunbathing on glorious sandy white beaches and snorkelling!

### DAY 11 - HIKE & TRAVEL TO PHUKET

We'll kick things off with a hike to one of Phi Phi's best viewpoints, then chill out on some of the island's best beaches. Hopping on board a ferry, we'll then travel to Phuket and check in to our boutique 4 star hotel.

### DAY 12 - ELEPHANTS!

Today we'll be spending the day with elephants. We'll get up close and personal with the gentle giants at a sanctuary and learn about how they are fed and cared for.

### DAY 13 - ARRIVE IN HANOI

Landing in Hanoi after an included flight we'll take you to our hotel and spend the afternoon chilling!

### DAY 14 - RICKSHAW EXPLORING

We'll jump straight into the hustle of Hanoi today with a walking and rickshaw tour of the city. This evening we'll head out for dinner and drinks!

### DAY 15 - SAPA TREKKING

This morning we'll take a VIP limousine bus north. We'll meet locals before heading up the Muong Hoa Valley on a short trek. We'll stay overnight with a local family in Ta Van village. To wrap up the day we'll enjoy a traditional dinner with a some rice wine.

### DAY 16 - VILLAGES & MOUNTAINS

Today is all about enjoying the picture perfect landscapes as we trek through terraced hills. This afternoon a quick drive takes us back to Sapa, where we will check in to our mountain-side hotel.

### DAY 17 - EXPLORE SAPA TOWN

This morning, have the option of taking the cable car up Fan Si Pan peak. With a summit over 3100m boasts extravagant views! This evening we'll board an overnight train for a comfortable trip back to Hanoi.

### DAY 18 - HA LONG BAY

We'll travel to Ha Long Bay to board the luxurious boat that'll be our home for the night. We'll kayak, swim, and laze on the sundeck. This evening, enjoy a sunset from the deck with dinner and drinks.

### DAYS 19-20 - NINH BINH

Today we travel to beautiful Ninh Binh where we'll make the most of our serene surroundings as we cosy up in traditional bungalows by the river at a local homestay. The next day we'll hop on two wheels to weave through rice paddies before taking a local rowboat ride. A hike up to Dragon Mountain viewpoint will reward us with epic views!



## WHERE YOU STAY

We take your accommodation to the next level on Thailand + Vietnam Experience!

- 2 Nights Bangkok - Hotel
- 1 Night Sleeper Train - Multi-Share Cabin
- 1 Night Khao Sok - Floating Raft Houses
- 1 Night Khao Sok - Jungle Tree Houses
- 3 Nights Koh Phangan - Beachside Bungalows
- 2 Nights Koh Phi Phi - Hotel
- 2 Nights Phuket - Hotel
- 2 Nights Hanoi - Hotel
- 1 Night Ta Van Village - Local Homestay
- 1 Night Sapa - Hotel
- 1 Night Sleeper Train - 4 Bed Cabin
- 1 Night Ha Long Bay - Overnight Boat
- 2 Nights Ninh Binh - Local Homestay
- 3 Nights Hoi An - Hotel
- 2 Nights Ho Chi Minh City - Hotel
- 1 Night Mekong Delta - Local Guesthouse

\*Apart from the overnight trains and bus, all rooms are a mix of twin or double rooms.

### DAY 21 - EXPLORE HOI AN

We'll catch another flight to Hoi An. Go shopping or even visit a local tailor to get a custom suit or dress made. Tonight we head out for some dinner!

### DAY 22 - BASKET FISHING & COOKING

Local fishermen will be our guides today as we learn the art of crab fishing. We'll then take part in a hands-on cooking class followed by a chill afternoon with massages! This evening we'll experience a cultural Bamboo show!

### DAY 23 - LANTERN MAKING

Today you'll try your hand at making a Vietnamese lantern! Then we'll take a short bicycle ride to the coast for a chilled beach day with some lunch at a cool beach club.

### DAY 24 - HO CHI MINH CITY

Today we have a chilled morning to soak up the last bits of Hoi An then catch another flight to Ho Chi Minh City. We'll head straight out onto the streets for some dinner, then up to a rooftop bar for drinks.

### DAY 25 - LOCAL LIFE ON THE MEKONG

Today we head to the lush beauty of the Mekong Delta for a special overnight experience. We'll see how locals live and work on the river and checking in to a family-run homestay.

### DAY 26 - CU CHI TUNNELS

At the Cu Chi tunnels, we'll learn how this underground network played a crucial role in the Vietnam War. Arriving back into Ho Chi Minh City, we'll head out for our farewell dinner and party!

### DAY 27 - CHECK OUT

Your 27 day adventure comes to an end. Those flying home will make their way to the airport, or extend your stay in South East Asia with help from your group leader.

## INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 26 Nights Premium Accommodation
- ✓ All Transport & 3 Internal Flights
- ✓ Awesome Group Leader
- ✓ Bangkok River Cruise
- ✓ Visit Ancient Temples
- ✓ Cooking Classes
- ✓ Experience Local Life
- ✓ Party in Bangkok
- ✓ Khao Sok National Park
- ✓ Floating Bungalows
- ✓ Jungle Treehouse Experience
- ✓ Kayaking & Tubing
- ✓ Island Tour
- ✓ Beach BBQ
- ✓ Muay Thai or Yoga Experience
- ✓ Thai Massage
- ✓ Paradise Islands Boat Trip
- ✓ Snorkelling
- ✓ Phi Phi Islands Experience
- ✓ Phi Phi Viewpoint
- ✓ Elephant Experience
- ✓ Walking & Rickshaw Tour of Hanoi
- ✓ Night Out in Hanoi
- ✓ Sapa Mountain-Side Accommodation
- ✓ Sapa Trekking with Locals
- ✓ Overnight Boat Trip on Ha Long Bay
- ✓ Local Homestay Experience
- ✓ Bicycle Tour of Ninh Binh
- ✓ River Boat Trip
- ✓ Dragon Mountain Viewpoint
- ✓ Traditional Crab Fishing Basket Boat Tour
- ✓ Lantern Making
- ✓ Night Out in Ho Chi Minh City
- ✓ Overnight Mekong Delta Experience
- ✓ Local Village Visit
- ✓ Cu Chi Tunnels Tour
- ✓ Help with Onward Travel

Total Meals: 24B, 14L & 8D\*

\*Vegetarian meal options available at all stops



## CHECK DATES & PRICES

[CLICK HERE](#)

**INTRO**  
TRAVEL

CHECK OUT THE TRIP

# SRI LANKA

STARTS HERE.

*A long hidden gem stashed among some of the world's most travelled and vibrant locales, Sri Lanka is a nation that's quickly making it's way onto everyone's bucket list and it's not hard to see why!*

*From stunning white sandy beaches you'd expect to see on a remote tropical island to exotic wildlife safaris that rival the African plains, travelling Sri Lanka provides an incredible mix of life changing experiences.*

*Combine these with friendly locals, rolling green tea plantations and ancient temples, and you'll find a unique and unforgettable destination that will leave you wondering why you didn't visit sooner!*

## FLYING TO SRI LANKA

Sri Lanka's primary international airport is Bandaranaike International Airport, 30km north of the capital of Colombo. A smaller airport than usual international terminals, it is still easy to withdraw money and organise transfers from here. All INTRO Sri Lanka trips begin in Negombo which is close to this airport.

## WEATHER IN SRI LANKA

Throughout Sri Lanka temperatures are fairly constant year round, with coastal regions enjoying average temperatures of 25-30°C and the highlands 15-18°C on average and a high humidity.

Sri Lanka often experiences two wet seasons for a couple of months in the year, however these are separated to either the East or West side of the country. As the island is small it is common that you'll experience a range of weather as you travel, however when it does rain, it is usually in small sharp downfalls that briefly break the heat.

## USEFUL PHRASES

### ENGLISH

Hello  
Thank you  
How are you?  
How much is it?

### SINHALA

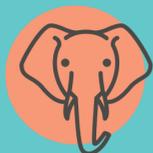
Ayubowan  
Bohoma Istuti  
Kohomadhe  
Meeka Kiyadha

## DID YOU KNOW?

Adam's Peak is an incredibly sacred mountain in Sri Lanka. It stands at 2,243m (797ft) and holds huge significance in several religions thanks to the strange imprint at its summit, known as the Sacred Footprint.

Buddhists believe the impression to be Buddha's, Muslims claim it as the footprint of Adam's, while Hindus believe it belongs to Shiva. Christians have also claimed it belongs to St Thomas.

## BUCKET LIST



### SAFARI IN UDAWALAWE

Consisting of a multitude of landscapes such as marshes, scrublands, forests, mountainous areas and open grasslands, the Udawalawe National Park is an animal-lovers dream. Home to a variety of wildlife, including a huge concentration of African elephants. A safari in the beautiful reserve rivals any you could experience on the African plains, and getting up close with families of these beautiful creatures should be on everyone's bucket list!



### CULTURE

Sri Lanka's culture has been heavily shaped by the aspects passed on by India many years ago. From the devout following of Buddhism to their spicy cuisine and even their famous love for cricket, Sri Lanka echoes India in many ways, however a history of colonisation and a lifetime of living on the beautiful Indian Ocean have shaped Sri Lanka into a truly unique destination with lots to see and learn.



### LANDSCAPE

Located just off the coast of the Indian subcontinent, Sri Lanka is one of the world's most diverse countries. A small island in the Indian Ocean, Sri Lanka is surrounded by stunning tropical beaches lined with palm trees, but inland there is a rich array of landscape to be discovered. From mountainous misty highlands to sprawling plains, towering tea plantations and dense rainforest, there is something for everyone in this beautiful nation.



### PEOPLE

The population of Sri Lanka is just over 20 million people, mostly made up by the Sinhalese. While their language is Sinhala, due to the colourful past & tourism boom in Sri Lanka you'll be hard pressed to find people who don't speak English. The people here are friendly and welcoming, with locals eager to leave their shops or activities of the day to say hello or show off their country to travellers. Propose a game of cricket and you'll have a friend for life.

## INTO THE UNKNOWN!

Sri Lanka has some incredible activities to offer. Here's 10 things we bet you didn't know you could do in Sri Lanka.



[READ MORE](#)



### VISAS FOR SRI LANKA

It's important to check your visa requirements before entering Sri Lanka. Depending on your nationality and how long you're planning on staying in Sri Lanka there are a few options. Get the full rundown in the visa section of the ['Important Stuff'](#) page on our website.



### MONEY

The currency of Sri Lanka is called the Sri Lankan Rupee.

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's and money exchanges available throughout Sri Lanka so it's easy to get access to your money.

## FLAVOUR STARTS HERE..

An island in the Indian Ocean, Sri Lanka marries the beautiful and rich flavours of nearby India with fresh seafood and produce.

### KOTTU ROTI

The fast food of Sri Lanka, Kottu Roti is quick, greasy and incredibly tasty. Made out of a flat crispy bread, the chef will fry and chop the roti with your choice of ingredients. The result is a tasty mixture of salty chunks of fried dough, lightly spiced and extremely comforting. Served alongside a spicy curry sauce for dipping, Kottu is a must try.

### EGG HOPPERS

A simple local dish that is rapidly growing in popularity, this unique meal is an absolute treat. Thin & crispy pancakes made from coconut milk and shaped like a bowl, served with a fried egg cooked within. Often accompanied by curry & sambal, these delicious nest looking dishes can be found everywhere from roadside huts to hotel buffets.

### FISH CURRY

Seafood plays a very important role in Sri Lankan cuisine. Fish ambul thiyal (sour fish curry) is one of the most beloved varieties of the many different fish curries available. Usually served with rice this delicious curry marries the spices of traditional Indian cooking with fish caught off Sri Lanka's coastlines.



## GRAM IT!

Sri Lanka is one of the most beautiful and photogenic countries in the world. From jaw-dropping temples and unreal scenery, here are our top most Instagrammable spots that you won't want to miss out on!



@tommie.travels

Sigiriya Rock is an ancient rock fortress that includes remnants of a ruined palace, surrounded by an extensive network of fortifications and gardens. It's absolutely massive and incredibly beautiful, and the viewpoint looking over it leads to some stunning captures.



@blonde\_aroundtheworld

Ella is home to the "world's most scenic train" and it is well deserving of its name. With the iconic blue trains breezing through breathtaking landscapes, your pic will certainly stand out on your friend's feeds.



@doitlikeduds

Luscious leafy green as far as the eye can see, the working Tea Plantations of Sri Lanka make for a must-visit and must-capture location.

# SRI LANKA EXPERIENCE

12 DAYS NEGOMBO → MIRISSA



## WHERE YOU STAY

- 1 Night Negombo - Hotel: Funky beachfront hotel with pool and sun loungers.
- 2 Nights Sigiriya - Resort: A hotel stay amidst lush tropical greenery!.
- 1 Night Kandy - Hotel: A nice hotel with great views of the city.
- 2 Nights Ella - Hotel: Amazing rooms set high in the mountains.
- 1 Night Uduwalawe National Park - Resort: Relaxed hotel on the border of the park.
- 2 Nights Talalla - Resort: Majestic hidden beachside eco-retreat.
- 2 Nights Mirissa - Hotel: Beautiful beachfront hotel with pool, spa and restaurant.



\*You'll stay in a mix of twin, double or triple rooms.

## HIGHLIGHTS

- Breathe in the scent of fresh tea leaves as you explore plantations and learn to pick tea with locals
- Scramble up little Adam's Peak and snap the Insta famous Nine Arches Bridge
- Spot water buffalo, crocodiles and herds of wild elephants on a sunrise safari
- Learn to surf or kick back and relax at Welligama Beach
- Visit a Buddhist Monastery school and learn their way of life

## ITINERARY

### DAY 1 - ARRIVE IN NEGOMBO

We'll pick you up from Colombo airport and take you to our beach front hotel in Negombo. You'll then have plenty of time to chill out and meet everyone in your group.

### DAY 2 - TUK TUKS & GLAMPING

This morning we'll jump into tuk tuks to explore the pretty seaside town of Negombo, stopping off to visit the local fish markets. We'll then head north to the serene and sacred town of Dambulla, where we'll check in to our fancy as hell glamping resort.

### DAY 3 - SIGIRIYA & VILLAGES

Today we'll take in views of the ancient Sigiriya Rock Fortress as we climb the towering rock adjacent. We'll then head to a local village to understand how small rural communities live, before hopping on some unique, local transportation to be treated to a local cooking demonstration (and eating, of course) courtesy of the local ladies.

### DAY 4 - SPICE GARDEN, TEMPLE OF THE TOOTH & KANDY

We'll head south to Kandy, stopping en route to visit a spice garden. Once in Kandy, we'll head out to visit the fascinating Temple of the Tooth. Dinner and drinks are on the cards tonight!

### DAY 5 - EPIC TRAIN JOURNEY

Our southern journey continues today, surrounded by lush and green tea plantations stretching in every direction. We'll be stopping to learn the art of tea picking (and brewing) from local pickers. We'll then hop on board a train for one of the 'world's most scenic train journeys' (no biggie) bound for beautiful and serene Ella followed by a night out!

### DAY 6 - LITTLE ADAMS PEAK

You'll have time to yourself this morning to chill and explore the pretty town of Ella. This afternoon, we'll then be lacing up our trainers for a hike to Little Adam's Peak. Afterwards you'll have time to treat yourself to a traditional massage, or curl up with a book and cuppa.

### DAY 7 - NINE ARCHES BRIDGE

Get those cameras at the ready as this morning we'll be making a stop at Nine Arches Bridge, one of the most Insta famous places in all of Sri Lanka. We'll then continue south to Uduwalawe National Park, where we'll check in to our laid back and beautiful hotel perched right on the edge of the park.

### DAY 8 - SUNRISE SAFARI

Travelling by jeep at sunrise we'll be keeping our eyes peeled for wild elephants, crocodiles, buffalo and bird life on safari. We'll then head to the beachside oasis of Hiriketiyaya and later we'll arrive at our eco retreat in Talalla, where we'll finish the day watching the sunset whilst tucking into a BBQ.

### DAY 9 - BEACH YOGA & CHILL

The aim of today is to do as little or as much as you want. Take a deep breath and feel the peace and calm wash over you at this beautiful retreat. Participate in the included yoga session, read a book on the loungers, book an ayurvedic massage, or just snooze under a palm tree whilst soaking in one of the best kept secret beaches of the south.

### DAY 10 - LEARN TO SURF

From one sun drenched beach to the next, we'll be stopping off at Welligama Beach this morning for a private surf lesson. We'll later visit Coconut Tree Hill for it's beautiful views and checking into our beachfront accommodation in Mirissa.

### DAY 11 - BUDDHIST MONK VISIT

Saving one of the best experiences till last. Today we'll be heading to a Buddhist Monastery to take part in a cultural exchange with the local monk students who live there and gain a unique insight into Buddhist ways of life. Tonight and in celebration of our last evening together, we'll be treating you to a farewell dinner on the beach.

### DAY 12 - CHECK OUT

Your unforgettable 12 day adventure comes to an end today. Those flying home will make their way to the airport, or keep living the dream and extend your stay in Sri Lanka with our help and the new friends you've made.

## INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 11 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ Visit Local Markets
- ✓ Ride in a Tuk Tuk
- ✓ River Boat Ride
- ✓ Local Village Experience
- ✓ Sigiriya Rock Viewpoint
- ✓ Spice Garden
- ✓ Temple of the Tooth
- ✓ Tea Plantations
- ✓ Ella Train Journey
- ✓ Little Adam's Peak
- ✓ Nine Arches Bridge
- ✓ Wildlife Safari
- ✓ Yoga
- ✓ Learn to Surf
- ✓ Buddhist Monastery Visit

Total Meals: 11B, 3L & 2D\*

\*Vegetarian meal options available at all stops

“This was my first INTRO Travel trip and most certainly won't be my last. Sri Lanka is such a beautiful country and with a fantastic group and great guides to top it off, doing it with INTRO Travel is by far the best way.”  
- STEVE, UK  
[READ MORE](#)



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)



**INTRO**  
TRAVEL

CHECK OUT THE TRIP

# JAPAN

STARTS HERE.

*Japan is a country of incredible contrast, a mind-blowing mix of the ultra modern and ultra traditional.*

*From the buzzing neon lights of one of the world's most futuristic cities, to ancient temples nestled on top of snowy mountains, this beautiful country is a cultural & visual experience that's truly like nowhere else on the planet!*

*Combine this with some of the friendliest locals around and some of the tastiest food in the world and you've got a country that should absolutely be on your bucket list!*

## FLYING TO JAPAN

Japan's largest and most important airports are Tokyo & Osaka International Airports. Both of these airports are a little bit out of their respective cities, but transport is quick and easy to travel between. Most people like to begin their adventure from bustling Tokyo, and flights arriving here are often cheaper than starting in Osaka.

The INTRO Japan trip starts in Tokyo and finishes in Kyoto.

## WEATHER IN JAPAN

Japan is considered by the locals to be "the country with four seasons". What this really means is that every season in Japan is absolutely beautiful. From the lush greenery and warm temperatures of Summer, the world famous Cherry Blossoms blooming in Spring, the snow sprinkled streets in Winter (yes it gets COLD!) and the stunning colours of Autumn, it's absolutely worth discovering any time of year. As Japan is quite small you won't experience a huge variety of weather, so check what season you'll be travelling in and pack accordingly!

## USEFUL PHRASES

ENGLISH	JAPANESE	PRONUNCIATION
Hello	Konnichiwa	kon-knee-chee-wa
Thank you	Arigatou	a-ree-ga-to
How are you?	Genki desuka?	gen-ki dess-ka
How much is it?	Ikura desu ka?	i-koo-ra dess-ka
Excuse Me	Sumimasen	sue-me-ma-sen

## DID YOU KNOW?

Shinto and Buddhism are Japan's two major religions. Shinto is as old as the Japanese culture, while Buddhism was imported from the mainland in the 6th century. Since then, the two religions have been co-existing relatively harmoniously and have even complemented each other. Most Japanese consider themselves Buddhist, Shintoist or both.



# INTRO TRAVEL JAPAN



## BUCKET LIST



### SAMURAI EXPERIENCE

A Samurai was a traditional Japanese warrior, a noble class of fighters that were essential in Japan's violent past. Although their role was phased almost a hundred years ago, much of their heritage can be found all over Japan today, and learning more about these mighty warriors is an incredible experience. A Samurai Experience is a once in a life time moment in which you'll learn more about their incredible heritage, as well as how to wield a Katana, the traditional Japanese Samurai sword, and cut through bamboo rolls with the guidance of a true descendant of the original Samurai.



### CULTURE

Japan's incredible culture has changed drastically over the last hundred years, from its deeply spiritual and traditional roots stemming from ancient Chinese influence, it's peaceful dedication to Buddhism contrasted by its years of brutal civil war. Japan's unique culture and traditions are evident everywhere you go. With a strong sense of pride in the nation, a passion for meticulous creation of the arts (both ancient and modern) and dedication to protection of its historical landmarks, Japanese culture is a rich tapestry waiting to be discovered.



## 10 UNIQUE THINGS TO DO IN JAPAN

[READ MORE](#)



### LANDSCAPE

Everywhere you go in Japan you'll find an incredible mix of old and new, traditional structures and ancient temples appear alongside futuristic arcades and robotic vending machines. It's this combination that gives Japan's cities such a uniquely exciting vibe, but it's when exploring Japan's more out of the way areas that the true magic of this beautiful country is found. Swaying bamboo forests, snow capped mountains, sprawling rice paddies and lush forests make the countryside just as awe-inspiring as its busy streets.



### PEOPLE

Famous for being incredibly friendly and overly helpful, the Japanese people are often considered one of the stand out highlights of a visit to Japan. Often speaking very good English and eager to practice on you, the Japanese people were considered very straightforward, business driven & reserved, however the next generation are starting to cast off this reputation and openly mirror the colourful & unique country that they come from.



### VISAS FOR JAPAN

It's important to check your visa requirements before entering Japan. Depending on your nationality and how long you're planning on staying in Japan there are a few options. Get the full rundown in the visa section of the ['Important Stuff'](#) page on our website.



### MONEY

The currency of Japan is called the Japanese Yen. We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's and money exchanges available throughout Japan so it's easy to get access to your money.

## FLAVOUR STARTS HERE..

Japan has long been know as a foodies paradise, offering a huge variety of incredibly delicious meals that look as amazing as they taste!

### KATSU CURRY

One of Japan's well known specialities, Katsu is the local equivalent of a Schnitzel and is made from either chicken or pork, crumbed and fried until golden. One of the best ways to experience Katsu is combined with another local favourite, a curry influenced by British & Indian cuisines. Together this dish is absolutely delicious, filling and super cheap (usually no more than ¥600).

### SUSHI

Now a common dish worldwide, no where does sushi like its inventors in Japan! Different to the hand rolls you'll find back home, traditional Japanese sushi originated in the 1600's and consists of a supple mound of perfectly prepared rice with fresh (and often raw) seafood or vegetables lovingly sliced and placed on top. The easiest way to enjoy this tasty dish is delivered via conveyor belt at any of Japan's *kaiten-zushi*.

### RAMEN

A tasty Japanese noodle dish rumoured to be introduced by the Chinese centuries ago. Considered the fast food of Japan (and an excellent choice when you've had a couple too many sake's), every region does their own spin on this filling and warming favourite. The two main flavours are either soy (salty) or miso (a smoother, creamier flavour), with a lot of variations & add-on options alongside to make it your own!



## GRAM IT!

Japan is a place like nowhere else. The mix of traditional temples and shrines nestled among ultra modern cities and technology makes Japan insta-worthy everywhere you go!



Definitely one of Osaka's most Instagram worthy spots, the crazy entertainment area of Dotonbori is known for its bright neon lights, extravagant signs, and enormous variety of restaurants and cool bars.



While Tokyo is famous for its busy streets and neon lights it's also full of beautiful temples and pagodas, such as the Sensoji Temple in Asakusa which make for absolutely iconic Japan Instagram posts.



Standing amid the soaring stalks of bamboo, the Arashiyama Bamboo Forest is like being in another world. No picture can capture the feeling of being there, but it would sure make your Instagram followers envious!



100% CARBON NEUTRAL TOURS

## HIGHLIGHTS

- Visit temples, shrines and castles as you deep dive into Japan's rich and fascinating history
- Get up close to the famous red faced snow monkeys of Jigokudani
- Cruise around Hakone by pirate ship and cable car, for outstanding views of Mount Fuji
- Learn how to wield a Samurai sword under the watchful eye of a Samurai sensei
- Sleep in the company of monks in a 1000 year old Buddhist temple

## ITINERARY

### DAY 1 - ARRIVE IN TOKYO!

Kon'nichiwa and welcome to Toyko! Checking in to your hostel, you'll then meet up with your travel crew and get excited for the adventures to come.

### DAY 2 - TEMPLES & CULTURE

First up today we'll pay a visit to one of the country's oldest temples, Senso-ji Temple, before checking out the Meiji Shrine. Colourful, eclectic and fashion forward Harajuku is up next, before we brave the iconic Shibuya Crossing, the world's busiest intersection. After dinner this evening, we'll then squeeze in to one of the hilariously tiny bars in the district of Shinjuku.

### DAY 3 - SUSHI MAKING CLASS & THE ELECTRIC CITY

First up today we're meeting with a sushi master to try our hand at the art of sushi rolling. With full bellies we'll have some free time to explore Tokyo before venturing over to the futuristic sights and sounds of Akihabara. Known locally as the 'Electric City', it's famous for its arcades, Japanese photo booths and game centres.

### DAY 4 - BULLET TRAIN, ORIGAMI & ONSENS

Now's your chance to experience Japan's famous bullet train for real. Shooting out of Tokyo at over 200mph, we'll reach Nagano to learn some origami, followed by a dip in an Onsen. This evening we'll settle in to our traditional Japanese Ryokan where we sleep on tatami mats and comfy futon bedding.



### DAY 5 - NOODLES & SNOW MONKEYS

This morning we're diving deeper into Japanese cuisine by learning how to make our own soba noodles. We'll then be venturing out into the mountains to spot the region's famous snow monkeys, or Japanese Macaques. Enjoying the fresh mountain air, we'll then explore the lakes and forests of Shiga Kogen National Park.

### DAY 6 - NAGANO TO HAKONE

It's back on board the bullet train this morning, this time bound for Hakone. Famed for hot springs, natural beauty and Mount Fuji, we'll check in to our trendy accom that comes complete with its very own onsen.

### DAY 7 - EXPLORING HAKONE

We'll explore Hakone by pirate ship and cable car this morning, keeping eyes peeled for views of snow capped Mount Fuji. We'll then journey on to Osaka, also known as the Nation's Kitchen. To celebrate, a BBQ dinner will. be on us, where we fuel up for a night out.

### DAY 8 - OSAKA CASTLE

This morning you'll have time to chill, before we head out to visit Osaka Castle. We'll finish up by heading over to Dotonburi, Osaka's famous canal region and home to some of the best food in the country.

### DAY 9 - BUDDHIST TEMPLE STAY

Today we something special in store - an overnight stay in a 1000 year old Buddhist temple. We'll travel to the mountains for the town of Koyasan, where we'll be welcomed into the temple by the monks who live there. They'll teach us meditation and serve us their traditional foods. Later tonight we will explore Japan's most famous cemetery.



### DAY 10 - KOYASAN & KYOTO

It's an early start today, but well worth it to watch the Buddhist monks perform their morning prayer ritual and fire ceremony. We'll then be served breakfast before travelling on to our final destination, Kyoto. After checking into our boutique hostel, you'll have time to yourself to explore Japan's ancient capital. Tonight we'll learn about Japan's mysterious Geishas with a tour of the Gion district.

### DAY 11 - BAMBOO FOREST & GOLDEN PAVILION

Green, lush and vibrant, the insta-famous Bamboo Forest of Arashiyama is our first stop today. Photos snapped, we'll head to the luxurious Golden Pavilion, so named for being covered entirely in gold leaf. Tonight's a free evening to hit up a sushi restaurant or challenge your mates to a round of bowling at the arcades.

### DAY 12 - FUSHIMI-INARI & SAMURAI EXPERIENCE

Ending on a high, today we'll visit the famous torii gates of Fushimi-Inari. One of Japan's most iconic shrines, we'll climb part way up the mountainside to see thousands of the magnificent orange gates. This afternoon, maybe saving best till last, we'll learn how to wield a traditional samurai sword under the watchful eye of a samurai master.

### DAY 13 - CHECK OUT

Your unforgettable 13 day adventure comes to an end today. You can fly home or extend your stay in Japan with our help and the new friends you've made. Return to Tokyo options available.

## WHERE YOU STAY

- 3 Nights Tokyo - **Hostel:** A modern Japanese hostel.
- 2 Nights Nagano - **Hotel:** Traditional style accommodation with tatami mat floors.
- 1 Night Hakone - **Hostel:** A funky hostel with onsen facilities.
- 2 Nights Osaka - **Hotel:** A modern hotel in the centre of Osaka.
- 1 Night Koyasan - **Buddhist Temple Stay:** A unique and unforgettable experience.
- 3 Nights Kyoto - **Hostel:** Boutique hostel in the heart of Kyoto.

\*You'll stay in a mix of twin, double, triple, or multi-share rooms.



## INCLUSIONS

- ✓ 12 Nights Accommodation
  - ✓ All Transport
  - ✓ Awesome Group Leader
  - ✓ Help with Onward Travel
  - ✓ Tokyo City Tour
  - ✓ Nightlife & Karaoke Bars
  - ✓ Traditional Japanese Style Accom
  - ✓ Ancient Temples & Shrines
  - ✓ Sushi Class
  - ✓ Origami Experience
  - ✓ Roll Your Own Soba Noodles
  - ✓ Jigokudani Snow Monkeys
  - ✓ Shiga Kogen National Park
  - ✓ Pirate Ship Cruise
  - ✓ Mt. Fuji Cable Car Views
  - ✓ Osaka Castle Visit
  - ✓ Overnight Stay at Buddhist Temple
  - ✓ Meditation & Night Cemetery Walk
  - ✓ Morning Prayer & Fire Ceremony
  - ✓ Night tour of Kyoto's Geisha district
  - ✓ Arishiyama Bamboo Forest
  - ✓ Kinkakuji Golden Pavillion Temple
  - ✓ Fushimi Inari Shrine
  - ✓ Samurai Experience
- Total Meals: 11B, 2L & 2D

## CULTURE STARTS HERE..

Japan is a country of incredible contrast, a mind-blowing mix of the ultra modern and ultra traditional. From the buzzing neon lights of one of the world's most futuristic cities, to ancient temples nestled on top of snowy mountains, this beautiful country is a cultural experience that's unlike anywhere else on the planet!



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)



**INTRO**  
TRAVEL

CHECK OUT THE TRIP

# PHILIPPINES

STARTS HERE.

*From untouched islands to towering cliffs, the Philippines boasts stunning natural beauty and rich heritage to entice sun seekers, adventure junkies and culture lovers alike! Made up of over 7000 islands, this tropical haven is perfect for travellers who want to branch out from the usual backpacker trail to explore somewhere like nowhere else on earth.*

*Combine this with some of the friendliest locals around and some delicious food and you've got a beautiful country that should absolutely be on your bucket list!*

## FLYING TO THE PHILIPPINES

The Philippines' primary international airport is in Manila (Ninoy Aquino International Airport) which is around 20km from the centre of Manila. There are also a few other international airports to fly into, however if you are doing the INTRO Philippines trip, it would be easiest to fly into Manila. The trip starts in Manila and finishes in El Nido.

## WEATHER IN THE PHILIPPINES

Like most other countries in South East Asia, the Philippines can be split into wet and dry seasons. Dry season is usually between Oct - May and wet season falls between June - Sept. Temperatures in the warmer months can get up to 28°C which is perfect for cooling off in the pristine turquoise waters that the Philippines are known for. Please keep in mind that we don't operate our tours during the main wet season (July, August, early September).

## USEFUL PHRASES

ENGLISH	TAGALOG
Good morning	Magandang umaga
Thank you	Salamat
Yes	Oo (oh-oh)
No	Hindi
Sorry	Paumanhin

## DID YOU KNOW?

The Philippines has a population of more than 100 million people, which makes it the 12th most populous country in the world. Its annual growth rate of around 2% makes it one of the fastest growing countries in the world.

# PHILIPPINES



## BUCKET LIST



### SARDINE RUN

The Sardine Run in Moalboal is a year round natural phenomenon. A phenomenon worthy of a David Attenborough documentary, you'll get the chance to snorkel amongst countless sardines in amazingly clear water - an experience like nothing else! And, what makes it even better, is that it is completely ethical as they are not fed by humans and are marine protected.

Nothing can prepare you for that first glimpse; a giant sardine ball so thick it blocks out the sun. This experience is definitely one to add to your bucket list!



### CULTURE

The culture of the Philippines is a unique blend of traditional Filipino and Spanish Catholic traditions, with influences from America and other parts of Asia. This combination of traditions was created primarily as a result of pre-colonial cultures, colonial influences and foreign traders intermixing and gradually evolving together. This is evident in Filipino cuisine, music and arts. With a strong sense of national pride, the Philippines has managed to keep its Asian heritage strong without abandoning its western cultural influences.



### LANDSCAPE

The Philippines is made up of 7,107 mountainous islands (in other words, there's A LOT to explore). These islands are edged by white sand buffering turquoise waters filled with some of the world's most diverse and colourful marine life. You'll be hard-pressed not to feel like you're in paradise! In contrast to its picturesque beaches, the Philippines also features dense forests and plains as well as bustling cities such as Manila.



### PEOPLE

A trip to the Philippines will almost certainly have you falling in love with everything you see, but it will also make you fall in love with the Filipino people you'll meet. Filipino people are known for their incredible hospitality, so you will most likely be welcomed with open arms and treated like family. Traditions in the home and within the family are of the utmost importance, but Filipino people also love a good fiesta filled with singing, dancing and lots of food! The Filipinos are family oriented and often religious with an appreciation for art, fashion and music.



## TOP 10 THINGS TO DO IN THE PHILIPPINES

[READ MORE](#)



### VISAS FOR THE PHILIPPINES

It's important to check your visa requirements before entering the Philippines. Depending on your nationality and how long you're planning on staying in the Philippines there are a few options. Get the full rundown in the visa section of the ['Important Stuff'](#) page on our website.



### MONEY

The currency of the Philippines is called the Philippine Peso. We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's and money exchanges available throughout the Philippines so it's easy to get access to your money.

## FLAVOUR STARTS HERE..

Philippine cuisine is rich in its bold flavours and draws from Malay, Spanish, Chinese, and American influences.

### LECHON

Lechon is the national pride of the Philippines! The tasty dish refers to a suckling pig, roasted over hot coals and stuffed with an abundance of spices such as pepper, spring onions, star anise, lemon grass, and laurel leaves. It's always served at festivals or traditional ceremonies. And the best thing is, you won't need any sauce on this dish, it's delicious on its own!

### TOCINO

Tocino is the Philippines' version of bacon and 'tocino' actually translates to bacon in Spanish! Tocino is typically cured meat, usually pork, but can also be beef or chicken. It is usually served for breakfast together with fried garlic rice to compliment its sweet taste.

### ADOBO

Adobo is undoubtedly one of the most well known Filipino dishes. It is made by stewing meat (usually chicken, pork, or a combination of both) in soy sauce and vinegar, adding peppercorns and bay leaves for that special flavour. It's usually served over a bed of white rice that complements Adobo's delicious sweet and tangy sauce.



## GRAM IT!

Boasting pristine white beaches, majestic emerald cliffs and rich cultural heritage, the Philippines is a tropical haven to entice every sun seeker and culture lover and of course looks dreamy on your insta feed!



One of the Philippines most Instagram worthy spots, this stunning 3-tiered waterfall with swimming holes makes for an iconic Philippines instal! If you're feeling brave, try the rope swing!



El Nido is known for its incredible turquoise lagoons and white sandy beaches. A perfect pic would definitely make your Instagram followers envious!



Coron's majestic landscape is home to one of the most photographed spots in all of the Philippines. The deeper you explore, the more breathtaking sights you will find!

# PHILIPPINES ISLAND EXPLORER

13 DAYS MANILA → ELI NIDO

17 DAYS MANILA → MANILA

# PHILIPPINES ISLAND EXPLORER

100% CARBON NEUTRAL TOURS

NEW!



## WHERE YOU STAY

2 Nights Manila - Hotel: A funky hostel in the heart of Manila.

3 Nights Moalboal - Hotel: Another taste of paradise on the beach!

3 Nights Coron - Hotel: A modern hotel in a central location.

2 Nights Boat Expedition: Basic and traditional Filipino huts on a remote hidden island.

3 Nights El Nido - Hotel: Comfortable and located close to the beach.

2 Nights Port Barton - Guesthouse: Comfortable guesthouse with all amenities you need.

1 Night Puerto Princesa - Hotel: Modern hotel in a central location.

\*You'll stay in a mix of twin or double rooms.



CORON



TRADITIONAL FILIPINO HUTS

## HIGHLIGHTS

- Get up close and personal with Kawasan Falls whilst canyoneering
- Immerse yourself in an underwater wonderland at Moalboal's famous Sardine Run
- Discover untouched islands and towering emerald cliffs on a 3 day boat expedition between Coron and El Nido
- Check out the best spots of El Nido on a Jeepney Tour
- Snorkel and swim in crystal clear waters whilst spotting starfish and colourful marine life
- Take a cruise along Palawan's enchanting underground river

## ITINERARY

### DAY 1 - ARRIVE IN MANILA!

On arrival in the bustling capital, we'll meet you at the airport to take you to the hostel. You'll have time to chill before meeting up with your new crew!

### DAY 2 - TRAVEL TO MOALBOAL

Today we travel to Cebu via a short flight and ferry. We'll then get to drive up the coast, stopping at some of Cebu's most impressive waterfalls and getting those classic Philippines Insta snaps!

### DAY 3 - KAWASAN FALLS

Today you're in for a treat - an adrenaline-pumping canyoneering experience at Kawasan Waterfalls! This activity will have us not just looking, but LEAPING into the unbelievably blue pools of the falls below.

### DAY 4 - SARDINE RUN

This morning we'll venture out to witness Moalboal's famous Sardine Run. You'll get the chance to snorkel amongst millions of sardines in crystal waters. The afternoon is yours to explore more of Moalboal, or simply relax by the beach or pool.

### DAY 5 - VISIT SIMALA CHURCH & TRAVEL TO CORON

On the way to our second flight of the trip from Cebu City we'll stop at Simala Church to gain insight into the Spanish colonisation of the Philippines. After our flight to Busuanga Island we'll check in to our accom.

### DAY 6 - SNORKELLING

Today you'll get to experience the best snorkelling Coron has to offer! Swim amongst schools of fish in the iconic turquoise water. Tonight we'll get ready to experience the vibrant nightlife in Coron.

### DAY 7 - HOT SPRINGS

After a chilled morning, you'll lace up your sneakers as we venture on a short hike up Mount Tapyas to be rewarded with incredible views of the bay. We'll then head to Maquinit Hot Springs for sunset as we soak in the naturally warm saltwater pools.

### DAY 8-9 - BOAT EXPEDITION

Today we set off on a 3-day expedition from Coron to El Nido. This trip will take us far from the usual tourist hotspots, sailing away on a traditional Banca boat to discover deserted islands, turquoise waters, interact with local tribes and stargaze on the beach. With only a mattress, mosquito net and bucket shower, our traditional Filipino huts are simple - but given the lack of crowds and beautiful scenery the trade-off is worth it!

### DAY 10 - EL NIDO

Our boat expedition comes to an end today when we arrive in El Nido on the island of Palawan. We'll have plenty of free time to chill out on the beach, sip cold drinks, work on our tans and explore El Nido. Tonight we'll get to experience El Nido's nightlife!

### DAY 11 - MESSAGES & CANOPY WALK

This morning we'll treat ourselves with an included Filipino massage. We'll then head off to see the town from above on a canopy walk through the jungle. Tonight you'll choose how you want to spend your evening, the options are endless!

### DAY 12 - JEEPNEY TOUR

Today we'll jump in a Jeepney for a tour of El Nido! We'll visit a local organic farm and enjoy lunch on the beach with a traditional Filipino dance performed by the local children. We'll then head to Nacpan beach and check out some local hideouts!

### DAY 13 - PORT BARTON

Leaving El Nido, we'll travel further south Port Barton. You will have some free time this afternoon to relax on the beach and enjoy a sunset drink. The 13 day trip finishes in El Nido today.

### DAY 14 - ISLANDS & SNORKELLING

Today we'll enjoy an amazing island boat trip, with palm fringed beaches, coral reefs teeming with marine life and mindblowing sand banks covered with starfish, a picture perfect day to remember!

### DAY 15 - UNDERGROUND RIVER

As we leave Port Barton and head towards Puerto Princesa, we'll explore Palawan's famous Underground River. On an enchanting boat cruise through the cave system, you will see stunning underground stalactite and stalagmite formations.

### DAY 16 - FLY TO MANILA

Today we'll explore Puerto Princesa before a short included flight back to Manila. We'll check in to our hotel before one final night together.

### DAY 17 - CHECK OUT

Time to bid farewell as our 17 day adventure comes to an end. You can either check out and make your way back home, stay on longer in the Philippines. If you need any assistance, we're more than happy to help!

## 13 DAY INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 12 Nights Twin Share Accommodation
- ✓ All Transport & 2 Internal Flights
- ✓ Awesome Group Leader
- ✓ Waterfalls
- ✓ Beach Sunsets
- ✓ Sardine Run
- ✓ Kawasan Falls Canyoneering
- ✓ Simala Shrine
- ✓ Hot Springs
- ✓ Coron Viewpoint
- ✓ 3 Day Boat Expedition
- ✓ Snorkelling
- ✓ Deserted Paradise Islands
- ✓ Cultural Activities
- ✓ Jeepney Tour of El Nido
- ✓ Nacpan Beach
- ✓ Help with Onward Travel

Total Meals: 12B, 6L, 2D\*

\*Vegetarian meal options available at all stops

## 17 DAY INCLUSIONS

- ✓ All 13 Day inclusions
- ✓ 16 Nights Accommodation
- ✓ Internal Flight
- ✓ All 13 Day Transport + 1 Internal Flights
- ✓ Island Boat Trip
- ✓ Starfish Island
- ✓ Palawan Underground River

Total Meals: 16B, 7L & 2D\*

\*Vegetarian meal options available at all stops



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)



**INTRO**  
TRAVEL

CHECK OUT THE TRIP

# MEXICO

STARTS HERE.

*Crammed full of rich cultural tradition, fiery eats and diverse geography, there's something for everyone in Mexico. Whether your style is chilled tropical getaways sipping margaritas on the beach or getting off the beaten path and exploring natural wonders such as cenotes or ancient Mayan ruins, Mexico has something incredible waiting!*

## FLYING TO MEXICO

Mexico has dozens of airports. Important cities in major tourist locations and industrial centres have large modern airports. Mexico City airport (MEX) is the largest and most common to fly into.

Mexico City airport is a great arrival point for the INTRO Mexico trip as it's where the tour begins. Cancun airport (CUN) is the perfect airport to fly out of after the trip, as it's very close to Playa Del Carmen where the tour finishes.

## WEATHER IN MEXICO

The weather in Mexico is determined not only by latitude but also by altitude. Mexico has tropical forests, dry deserts and snow-capped mountains. Since Mexico's terrain is extremely varied, so is the weather. On the coast and across most lower lying areas, the climate is generally balmy year-round, same with Mexico City, however the capital like other higher altitude areas can get cooler, especially at night and particularly around December and January.

Overall between October and April it's relatively dry throughout the country with virtually no rain in many areas, then between May and September there is a higher chance of rain, which can often be a short tropical downpour and welcome relief from the heat!

## USEFUL PHRASES

### ENGLISH

Hello  
Thank you  
Please  
How are you?  
How much is it?

### SPANISH

Hola  
Gracias  
Por favor  
Cómo estás?  
Cuánto cuesta?

## DID YOU KNOW?

The country hasn't always been known as Mexico. When the Spanish conquered the region, it was originally called the Viceroyalty of New Spain or Nueva Espana.

However, the natives have always called it Mexico. The origins of the name Mexico come from an Aztec war-god, known as Mexitli. He got his name from the word metztli, which meant moon, and xictli, which meant navel. It's thought that by putting these words together, the meaning became "child of the moon".

Technically, the official name of the country is Estados Unidos Mexico (United Mexican States).



## BUCKET LIST



### VISIT ONE OF THE NEW SEVEN WONDERS OF THE WORLD

Chichen Itza is a masterpiece of Mayan culture featuring the massive step pyramid known as El Castillo, the ancient ball court, the Temple of the Warriors, and the Wall of the Skulls. The cultural and historical background of Chichen Itza has earned it UNESCO World Heritage protection, as well as being named one of the New Seven Wonders of the World.



### CULTURE

Mexico's culture is colourful and vibrant, reflecting the country's rich history. Influenced by ancient civilisations such as the Aztec and Maya, present-day Mexico is the result of the gradual blending of these with Spanish culture. Spanish colonisation also brought Roman Catholicism and made Mexico the most populous Spanish-speaking country in the world. The traditions of Mexican people are varied depending on their native heritage, but music, dance, and fiestas are of great importance and celebrated in even the smallest of villages.

### UNIQUE CULTURAL EXPERIENCES YOU CAN'T MISS IN MEXICO!

[READ MORE](#)



### FLAVOUR STARTS HERE..

#### HUEVOS RANCHEROS

Huevos Rancheros is a term for eggs and tortillas. Dishes such as this were served in Mexico at "almuerzo," a second breakfast served to ranch hands and farm workers after their morning chores. The basic version of huevos rancheros consists of fried corn tortillas and scrambled or fried eggs with a tomato-chili sauce.

#### ELOTE

Elote, or corn on the cob, is often found on nearly every street corner in Mexico. The corn is traditionally boiled and served either on a stick (like an ice cream) or in cups, the kernels having been cut off the cob. Salt, chilli powder, lime, butter, cheese, mayonnaise and sour cream are then very generously added.

#### TACOS AL PASTOR

You'll obviously eat tacos in Mexico so why not try one of the most traditional varieties! It has origins dating back to the 1920s and the arrival of Lebanese and Syrian immigrants to Mexico. These tacos consist of thin strips of pork that are sliced off a spit, placed on a corn tortilla and served with onions, coriander leaves and pineapple.



### LANDSCAPE

From thousands of kilometres of beautiful coastline along the Caribbean to tropical rainforests, scorching deserts, sprawling canyons, deep cenotes and rugged mountains, Mexico's landscape is as diverse as it is beautiful. Whether you want to party on the beach, unearth ancient Mayan ruins in the jungle, dive into blue waterfalls or explore one of the biggest cities in the world, Mexico has something for you!



### VISAS FOR MEXICO

It's important to check your visa requirements before entering Mexico. Depending on your nationality and how long you're planning on staying in Mexico there are a few options. Get the full rundown in the visa section of the ['Important Stuff'](#) page on our website.



### MONEY

The currency of Mexico is called the Mexican Peso.

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's available throughout Mexico so it's easy to get access to your money, however be sure to give any machines a once over before a transaction to check for scam devices.



### PEOPLE

Mexico's population is composed of multiple ethnic groups, including those from indigenous cultures. Nearly four-fifths of Mexicans now live in cities, but many with strong indigenous roots remain in rural communities living traditional lifestyles. Mexican people are incredibly welcoming, and trying to speak a few phrases in Spanish will always be rewarded with friendliness and warmth!

## GRAM IT!

From colourful, vibrant streets, ancient Mayan ruins and some of the most beautiful and iconic beaches in the world, your Insta will be the envy of all your friends!



Oaxaca's colourful streets are sure to brighten up your feed! Get lost in the many small vibrant streets or check out the incredible street art scattered throughout the city. [@planbviajero](#)



Scattered throughout Mexico's Yucatán Peninsula, these cenotes or sinkholes are incredible natural wonders believed to hold mystical powers. The Chukum Cenote is a newly discovered cenote so you'll be treated to a beautiful pool and incredible gram opportunities. [@professionaltraveler](#)



Tulum is a mecca for content! From picture perfect beaches each more epic than the last to ancient Mayan ruins and beautiful beachside restaurants, you won't be short of incredible shots to fill your feed. [@lisahomys](#)



## HIGHLIGHTS

- Explore the lively capital of Mexico City
- Test your taste buds at a traditional Mezcal distillery
- Visit the Indigenous communities of San Juan Chamula and Zinacantan
- Swim in the stunning turquoise pools of Agua Azul Waterfalls
- Discover ancient Mayan ruins at the famous archaeological sites of Palenque, Chicanná and Chichen Itza
- Cruise pristine lagoons and swim in secret subterranean worlds
- Relax on the white sandy beaches of the Yucatan Peninsula

## ITINERARY

### DAY 1 - ARRIVE IN MEXICO!

Hola and welcome to Mexico City! On arrival we'll meet you at the airport and take you to our hotel. You'll have time to relax and this evening we'll head out and immerse ourselves in the capital's intoxicating atmosphere and get excited for the adventures to come!

### DAY 2 - MEXICO CITY

Today we explore the fascinating historical centre. We'll gain insight into the centre of the Aztec Empire, and learn about the history of Spanish conquest. We'll pass icons like the Cathedral Metropolitan and Zocalo and then have free time to explore, even listen to a mariachi band! Tonight we enjoy a traditional dinner and show in Plaza Garibaldi.

### DAY 3 - PUEBLA & OAXACA

After breakfast we'll depart for the beautiful colonial city of Puebla. Here we'll learn about the history of the area - such as, this town is where Cinco de Mayo originates from! Following lunch we'll continue our journey to Oaxaca, checking in to our accommodation. We'll then head out and discover some of the streets by moonlight, enjoying the local bars and restaurants!

### DAY 4 - EXPLORING OAXACA

To start our day, we will explore more of the streets of Oaxaca. We will see some traditional markets and different cathedrals. Then we will head into the valley to visit a local family to learn how hand-made textiles are produced. After that, we will pop over to a visit a traditional mezcal distillery. We'll learn about this energizing spirit before continuing our journey down to Tehuantepec for our overnight stop.



### DAY 5 - MOUNTAINS & VALLEYS

Hopping on a local boat we'll cruise through the immense Canyon of Sumidero, spotting towering waterfalls, lush jungle valleys, searching for monkeys and coming face to face with crocodiles. We'll then head up into mountains to our next destination - the iconic city of San Cristobal de las Casas. Enjoy a short walking tour and Pox tasting - a traditional drink from Chiapas region, before going out to an incredible dinner and a few drinks to take in town.

### DAY 6 - ANCIENT CULTURE

We'll visit a local family in the beautiful small town of Zinacantan to learn to make a traditional breakfast which we then get to eat with the local family. We'll then head to San Juan Chamula to explore and enjoy a one-of-a-kind church visit. Later we'll travel back to San Cristobal de las Casas. You have time to explore this cobblestone city that is still maintaining much of its Spanish colonial layout. Local markets, stunning churches, and the famous Chiapas coffee will keep you entertained and exploring for the afternoon.

### DAY 7 - AGUA AZUL WATERFALLS

This morning we're up early to drive through lush green valleys before arriving at the stunning cascading waterfalls of Agua Azul. We'll have plenty of time to swim in clear pools and snap some of the best grams of your life before we head off to the famous ancient Mayan city of Palenque to explore mesmerising pyramids and tombs that were once lost amongst the thick tropical jungle.

### DAY 8 - BACALAR

This morning's we leave for Chicanná, a majestic Mayan archaeological site rising from the jungle. This afternoon we'll continue to Bacalar, a town that witnessed the Caste War of Yucatan between the native Maya people and the European-descending Yucatecos.



### DAY 9 - LAGOON BOAT TOUR

Today we get to uncover Bacalar's immaculate blue lagoon on a private boat tour. Also called the Lagoon of Seven Colours due to its jaw-dropping blue and turquoise hues, today is the perfect day in paradise with abundant opportunities to swim, see cenotes, work on our tans and enjoy a few drinks.

### DAY 10 - TRAVEL TO TULUM

Our Mexican adventure continues as we depart Bacalar for the Riviera Maya, a gorgeous stretch of Caribbean coastline on the Yucatan Peninsula. On arrival in Tulum - a place famous for its perfect white sand and Mayan ruins facing the sea - we'll check in and have the free time to enjoy the pool, explore the town, or go check out the ruins.

### DAY 11 - CHICHEN ITZA & CENOTES

First up today is another icon - Chichen Itza, a masterpiece of Mayan culture that has earned it UNESCO World Heritage protection. We'll then enjoy a once-in-a-lifetime experience swimming in the crystal clear waters of a cenote, a natural limestone swimming hole in a secret subterranean world. We'll then depart for Playa Del Carmen, checking into our gorgeous hotel for the last 2 nights.

### DAY 12 - PLAYA DEL CARMEN

We'll have the day to relax on the beach, or walk along 5th Avenue - a famous street full of restaurants, bars and shops. Tonight we have our farewell dinner before heading out for some final drinks, a tequila shot (or two) and a dance!

### DAY 13 - CHECK OUT

Time to bid farewell as our unforgettable Mexican adventure comes to an end. You can either check out and make your way back home or continue your travels in Central America. If you need any assistance planning onward travel, we'll be there to help.

## WHERE YOU STAY

- 2 Nights Mexico City - Hotel: Situated in the historic district of Mexico City.
- 1 Night Oaxaca - Hotel: Perfect location in the heart of the city.
- 1 Night Tehuantepec: Situated in a traditional town.
- 2 Nights San Cristobal de las Casas - Hotel: Hacienda-style building in the centre of the city.
- 1 Night Palenque - Hotel: Tropical paradise close to the action.
- 2 Nights Bacalar - Hotel: Enjoy your very own private beach area.
- 2 Nights Tulum - Hotel: Located in the heart of Tulum.
- 1 Night Playa Del Carmen - Hotel: A perfect end to your trip.



\* Your accommodation will be a mix of either twin or double share rooms.

## INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- \*From Mexico City Airport MEX only\*
- ✓ 12 Nights Accommodation
- ✓ All Transport
- ✓ Orientation Tours of Mexico City, Oaxaca & San Cristobal de las Casas
- ✓ Mezcal Distillery Tour
- ✓ Boat Tour of Sumidero Canyon
- ✓ Indigenous Community Visit
- ✓ Agua Azul Falls
- ✓ Palenque Archeological Site
- ✓ Chicanná Archeological Site
- ✓ Boat Tour of Bacalar Lagoon
- ✓ Chichen Itza
- ✓ Swim in a Cenote
- ✓ Help with Onward Travel

Total meals: 12B, 2L, 1D

\*Vegetarian meal options available at all stops

“ I had the most incredible experience with intro travel! I've never done a tour before and didn't know what to expect but I was blown away with the accommodation, the mix of cultural and chill activities, and of course our amazing leader! ”

- LILY, UK

[READ MORE](#)



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)

**INTRO**  
TRAVEL

CHECK OUT THE TRIP

# SOUTH AFRICA

STARTS HERE.

*South Africa is a country of contrasts, a unique melting pot of diverse cultures, natural beauty, friendly faces, and authentic experiences around every corner. There are countless reasons to visit - from spotting the Big Five on safari, exploring buzzing cities, road-tripping breathtaking landscapes, meeting Indigenous communities, and summiting Table Mountain, just to name a few - a trip to South Africa is a wild adventure like no other!*

## FLYING TO SOUTH AFRICA

Tambo International Airport (JNB) in Johannesburg is the main international airport in South Africa. INTRO's South Africa tour starts in Johannesburg, so this would be the best airport to fly into. There are other international airports in Cape Town and Durban, but few flights from Europe or America fly directly to either destination.

## WEATHER IN SOUTH AFRICA

South Africa's climate is seasonal and the year can usually be divided into summer and winter months. Generally, South Africa's summer lasts from about December to March before winter takes over from June to August. Cape Town experiences winter rainfall and a largely dry, hot summer. Most of the rest of the country, including the Kruger Park area, have summer thundershowers and a dry winter.

In general, high temperatures range from around 26°C in the summer to 15°C in the winter.

## USEFUL PHRASES

ENGLISH	AFRIKAANS
Hello	Haai
Thank you	Dankie
How are you?	Hoe gaan dit met jou?
How much is it?	Hoeveel kos dit?

## DID YOU KNOW?

The spectacular Table Mountain is one of the oldest mountains in the world!

This iconic Cape Town landmark is over 260 million years old making it older than the Andes in South America and the Alps in Europe. Table Mountain gets its name as its layers of sandstone were flattened by ice sheets making flat, like a table. You are able to hike to the top of Table Mountain for spectacular views overlooking Cape Town. With around 900 different routes to climb or hike up the mountain, there's something for everyone.



## BUCKET LIST



### KRUGER NATIONAL PARK

If you are going to South Africa, then you cannot miss the Kruger National Park. This world famous national park is one of the most beautiful and largest safari parks in the world. You'll see grazing wildebeest, herds of elephants and zebras and maybe even a pride of sleeping lions. The park is a whopping 19,485 sq km so you'll be sure to see some incredible wildlife! An experience worth adding to your bucket list.



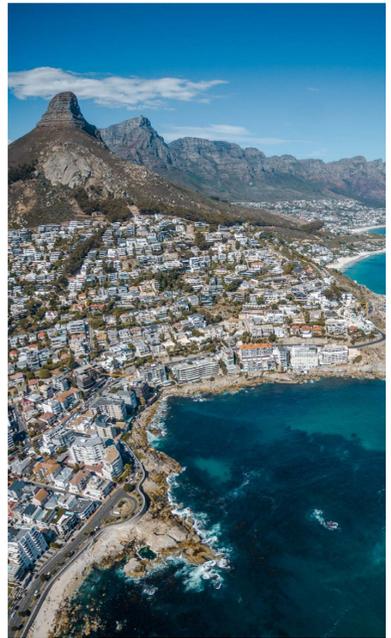
### CULTURE

The Republic of South Africa is a multi-lingual and diverse country with not one homogenous culture but a collection of many, and is often referred to as 'The Rainbow Nation'. Along with 11 official languages and many more unofficial ones, South Africa has Zulu, Tswana, Swazi, Afrikaaner, Xhosa, Hindi, Sotho, Ndebele and Muslim cultures within its borders, just to name a few. All communities contribute to form South Africa's heritage and identity, and travelling the country is the best way to learn about its multicultural diversity, especially in the wake of apartheid.

## TOP 10 REASONS TO HEAD TO SOUTH AFRICA FOR YOUR NEXT ADVENTURE!



**CHECK THEM OUT!**



### LANDSCAPE

South Africa is the southern-most country in Africa, and much of its landscape is made up of high, flat plateaus. These lands are covered in rolling grasslands and plains, creating perfect habitats for the Big Five African animals. Surrounding the plateau is a mountainous region called the Great Escarpment, and the Western Cape offers gorgeous beaches, vineyards and forests. Interestingly, within South Africa's borders lie the tiny landlocked nation of Lesotho, and the Kingdom of Eswatini.



### PEOPLE

Many different peoples make up South Africa, each with their own language and history. Twenty percent of the country's population is of mixed ancestry, with many having descended from European and Asian immigrants. Music is popular across all echelons of South African society, as song and dance are used to express identity as well as social and political ideas. South Africans are also renowned for their skilled sportsmanship, especially in rugby, cricket, golf and soccer.



### VISAS FOR SOUTH AFRICA

It's important to check your visa requirements before entering South Africa. Depending on your nationality and how long you're planning on staying in South Africa there are a few options. Get the full rundown in the visa section of the ['Important Stuff'](#) page on our website.



### MONEY

The currency of South Africa is called the South African Rand. We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's and money exchanges available throughout South Africa so it's easy to get access to your money.

## FLAVOUR STARTS HERE..

South Africa is known for its rich flavours! Check out below for some of the most traditional & delicious dishes.

### BUNNY CHOW

Have you heard of bunny chow? It's definitely not what it sounds like! This popular street food consists of half a loaf of bread with the insides scooped out and filled with curry. The curry is either made from lamb or vegetables. You get the chance to try this dish on our South Africa trip!

### PAP & WORS

A real traditional favourite! Pap is known as mieliepap (Afrikaans for maize porridge) in South Africa and is a traditional porridge/polenta made from coarsely ground maize. Wors refers to boerewors, which is a South African sausage. So together these would be the equivalent of the much loved bangers & mash!

### BOBOTIE

Pronounced ba-boor-tea, this national dish of South Africa is a casserole with a curried ground beef at the bottom, and a thin layer of egg custard on top. It is rich, savory, spicy, aromatic, and zingy. A comforting meal, full of the flavors of Africa!



## GRAM IT!

Time to make your Insta followers extremely jealous! From iconic safari pics to breathtaking views and even colourful streets, South Africa has it all!



Probably the most iconic pic you can snap in South Africa is a candid safari shot driving through the Kruger National Park. Make your followers jealous by showing them just how close you got to the Big Five!



Bo Kaap is one of the most brightly coloured and historically unique neighborhoods in all of South Africa. This is one sure way to brighten up your feed!



From beautiful beaches to incredible mountains, Cape Town is definitely a feast for the eyes and the followers with its breathtaking scenery.



# SOUTH AFRICA ADVENTURE

100% CARBON NEUTRAL TOURS

## HIGHLIGHTS

- Dive into the history and culture of South Africa in Soweto
- Spot the iconic Big Five on a once in a lifetime safari in the Kruger National Park
- Immerse yourself in the local life of Southern Africa and real Swazi culture with a traditional Zulu community stay
- Embrace the cosmopolitan buzz of Cape Town and stunning views atop Table Mountain
- Get up close and personal with wild seals and penguins in their natural environment

## ITINERARY

### DAY 1 - ARRIVE IN JOHANNESBURG

Welcome to Johannesburg! We'll meet you at the airport and take you to our accommodation. You'll have time to relax before meeting up with your new group of mates and get excited for our adventures to come!

### DAY 2 - DISCOVER JOHANNESBURG

This morning we're off to explore the town of Soweto to learn about the tumultuous history of the area. Diving deeper into South Africa's history of struggle we'll visit the beautifully designed Apartheid Museum or Mandela's House depending on availability. We'll head out later for some drinks at the best watering holes around.

### DAY 3 - TRAVEL TO GRASKOP

We'll depart early towards Kruger National Park making our way along the famous Panorama Route to see some of Africa's most unique landscapes before checking in to our accommodation nestled in the valley.

### DAY 4 - KRUGER NATIONAL PARK

After breakfast we're on our way to Kruger National Park, hopefully getting our first glimpses of wildlife as we head to our unique campsite in a secluded corner of the park. Tonight we put our skills to the test, assisting the chefs in preparing a traditional South African braai (BBQ dinner), a hearty feast perfect to get us ready for tomorrow's safari!



### DAY 5 - EXPLORE THE KRUGER

Today it's time to tick off that bucket list with an open vehicle game drive through the Kruger National Park! Have your camera ready whilst looking out for prides of lions, herds of elephants, solitary leopards, rhinos and masses of buffalo, all with experienced guides. Tonight our guide will show us how to make traditional stork brood (stick bread) to enjoy with another BBQ over the fire before we spend the night gazing up at an infinite, starry sky.

### DAY 6 - TRAVEL TO ESWATINI

The tiny landlocked nation of Eswatini awaits as we cross the border to enter Hlane Royal National Park, a protected area teeming with wildlife and diverse Swazi ecosystems. This afternoon we'll spot more of Africa's famous wildlife on a sunset game drive. Tonight we'll gather around the campfire to watch rangers perform their traditional style of Swazi singing for us.

### DAY 7 - ZULU COMMUNITY STAY

Today we re-enter South Africa and continue south towards Pongolapoort Nature Reserve taking in the breathtaking views. After checking in to camp we'll visit a local village and discover the region's traditional way of life. We'll then watch the sun set over the mighty Lake Jozini whilst one of the friendly locals tells us stories around the campfire, with an authentic Zulu meal.

### DAY 8 - COASTAL TOWNS

Today we head to the coast, checking in to our beach lodge. This afternoon we'll chill on the beach or relax by the pool. Tonight we'll indulge in Bunny Chow, a South African fast food dish that's essentially a loaf of bread filled with curry. A must try!



### DAY 9 - TABLE MOUNTAIN

We're off early this morning to catch our short flight to Cape Town. This afternoon we rise to the heavens as we summit the iconic Table Mountain (weather permitting). Crisp air accompanies dramatic scenic views and we'll soak up a stunning sunset over the majestic natural amphitheatre. This evening we'll make our way to the V&A Water-front to stroll, shop, visit a brewery and take in the views.

### DAY 10 - EXPLORE CAPE TOWN

Today we're off on a walking tour of Bo-Kaap, a neighbourhood known for its brightly coloured houses. After stretching our legs we'll continue exploring with a drive past the Houses of Parliament, the City Hall, District 6 Museum, Slave Lodge, The Castle, and Cape Town Stadium. Later we'll stroll Sea Point Promenade. We'll end the evening sipping on a cocktail whilst watching the sun sink below the horizon, ending another brilliant day in Africa.

### DAY 11 - CAPE PENINSULA TOUR

Get ready for a full day adventure around the dramatic Cape Peninsula exploring beaches and sheer cliffs that drop into the Atlantic. We'll stop in the gorgeous fishing town of Hout Bay for a cruise that will get us up close and personal with a thousand-strong colony of wild fur seals. We'll also discover Chapman's Peak, the Cape of Good Hope Nature Reserve and hang out with a colony of wild African Penguins on Boulders Beach. Tonight we'll have our farewell dinner and drinks!

### DAY 12 - CHECK OUT

Time to bid farewell as our 12 day African adventure comes to an end. You can either check out and journey home, stay on longer in Cape Town or continue your travels in Africa. If you need any assistance planning onward travel, we're more than happy to help!

## WHERE YOU STAY

- 2 Nights Johannesburg - Hotel: Situated next to bushland with wildlife nearby.
- 1 Night Hazyview - Lodge: Perfect location along the stunning Panorama Route.
- 2 Nights Kruger National Park - Camping: An unforgettable experience in the middle of the Kruger!
- 1 Night Hlane National Park - Rondavels (Huts): Surrounded by beautiful wildlife.
- 1 Night Zululand - Rondavels (Huts): A unique local Zulu experience!
- 1 Night Blythdale - Hotel: Great location across from the beach.
- 3 Nights Cape Town - Hotel: Located in the centre of this iconic city.



JOHANNESBURG



HLANE NATIONAL PARK

\* Your accom will be a mix of either twin/double/quad rooms.

## INCLUSIONS

- ✓ Personal Airport Pickup To Our Accom 24/7
- ✓ 11 Nights Accommodation
- ✓ All Transport & Internal Flight
- ✓ Experienced Group Leader & Local Guides
- ✓ Walking & Bus Tour of Soweto
- ✓ Apartheid Museum / Mandela's House
- ✓ Drive the Panorama Route
- ✓ Open Vehicle Drive of Kruger National Park
- ✓ Sunset Game Drive
- ✓ Local Village Cultural Experience
- ✓ Historic Walk of Cape Town
- ✓ Harbourside Cocktails
- ✓ Table Mountain
- ✓ Full Day Peninsula Tour
- ✓ Cape of Good Hope Nature Reserve
- ✓ Boat Cruise with Wild Seals
- ✓ Boulders Beach Penguins
- ✓ Help with Onward Travel

Total meals: 11B & 4D

\*Vegetarian meal options available at all stops



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

CLICK HERE



**INTRO**  
TRAVEL

CHECK OUT THE TRIP

# CROATIA

STARTS HERE.

*From sipping cocktails during idyllic Mediterranean sunsets to strolling through cobblestone streets in historic towns, Croatia has something for everyone! Made up of over 1000 beautiful islands, there's no better way to take it all in than sail the stunning Adriatic Sea.*

*Combine this with swimming in secluded bays and cycling through gorgeous national parks, you've got a beautiful country that should absolutely be on your bucket list!*

## FLYING TO CROATIA

Croatia has quite a few airports. Major tourist locations and industrial centres have the larger airports. Split Airport (SPU), also known as Resnik Airport, is a great arrival point for INTRO's Croatia trip as it's where the tour begins and finishes.

The other main international airports are in Zagreb (ZAG) and Dubrovnik (DBV). These are great if you are wanting to do more travelling before or after the trip. It is also very easy to get a flight from one of these airports to Split.

## WEATHER IN CROATIA

The weather in Croatia varies depending on where you find yourself. The climate along the coast and on the islands is typically Mediterranean - hot, dry summers with cool, rainy winters. Average temperatures during summer lie in the high 20s to early 30s°C. It is not usual for summer weather to stretch out into the autumn months. Further inland Croatia has a continental climate, meaning hot summers and snowy, cold winters.

## USEFUL PHRASES

ENGLISH	CROATIAN
Hello	Bok (boh)
Thank you	Hvala (hva-lah)
How are you?	Kako si? (kah-ko si)
How much is it?	Koliko je to? (koh-lee-koh yeh to?)

## DID YOU KNOW?

**Croatia is the land of a thousand islands!**

Croatia has more than 1,200 islands and islets of which only 48 islands are inhabited. The island of Krk is the largest inhabited island of Croatia. The islands of Hvar and Korcula are the most visited.



## BUCKET LIST



### DUBROVNIK

Poised elegantly on the Adriatic, Dubrovnik is famous for buildings filled with history and its magnificent walled Old Town which was made famous by the HBO series Games of Thrones. Those with a keen eye would recognise it as King's Landing from the show. You are able to see the Red Keep, the House of the Undying and the Shame Steps as well as dozens of other filming locations.

Even if you're not a GOT fan, you will be blown away with the beauty of Dubrovnik.



### CULTURE

Croatia is an ancient nation yet a young country, only being recognised as an independent entity in 1991. The rich culture of Croatia is a mix of early Greek, Roman and Bronze Age civilizations. Croatia has a history as a formidable kingdom and naval power but endured hundreds of years of foreign meddling, subjugation and war before becoming Croatia (literally meaning 'land of Croats'). Symbolism plays a large part in modern-day Croatia, with inspiration drawn from history, medieval roots, rural traditions, and Catholicism. Croatian culture gets drummed into young people from an early age, an obvious after effect of centuries of occupation and having to fight for national pride.



### LANDSCAPE

Croatia has over 1000 islands, and about 48 of them are inhabited. The country is shaped like a backward number 7, with a big blob of land at the top that hugs the Adriatic down the southern coast. Given the size of Croatia, the landscape is considerably diverse, with fertile flat plains in the north and low mountains covered in forest along the coast. Inland forests have wolves, hares, foxes, wildcats, even bears, and sea life along the coast is abundant. On the islands, most of the land is hilly and rocky, perfect for olive and vineyards.



### PEOPLE

Croatia's population is mostly Croat, however there are other ethnic groups including Serbs, Bosniaks, Hungarians and Italians living in the country. Croatian is a Slavic language written in the Latin alphabet, spoken by over 95% of the population. Croatians are proud people who love music, food and sport. The most popular sport by far is football, and other major sports are handball, basketball and water polo.

## TOP 10 THINGS TO DO IN CROATIA

[READ MORE](#)



### VISAS FOR CROATIA

It's important to check your visa requirements before entering Croatia. Depending on your nationality and how long you're planning on staying in Croatia there are a few options. Get the full rundown in the visa section of the ['Important Stuff'](#) page on our website.



### MONEY

The currency of Croatia is the Euro.

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's and money exchanges available throughout Croatia so it's easy to get access to your money.

## FLAVOUR STARTS HERE..

If you love eating you're in luck - Croatia is a Mecca for foodies! Check out below for some delicious dishes.

### PEKA

A traditional way of cooking is in a bell-shaped oven called a peka that steams food in natural juices to enhance the flavour. Meat like veal, chicken, lamb, octopus or pork is cooked with vegetables, herbs and oil making it hearty comfort food. Most houses in Dalmatia have an area just to prepare peka, proving how popular it is with locals!

### SQUID INK PASTA

Known locally as crni rižot, this pasta or risotto is made with cuttlefish or squid, olive oil, garlic, red wine and squid ink, which gives an intense seafood flavour and black colour. Popular all along Croatia's coastline, this dish will turn your mouth and teeth black – but it's worth it.

### FRITULE

Commonly found on the coast, these donut-like deep-fried pastries vary between regions – egg yolks, raisins, grated lemon or orange rinds, and even alcohol can go into the mix! Traditionally served during the holidays, these treats are popular and highly addictive, so you can find them at street food carts year-round.

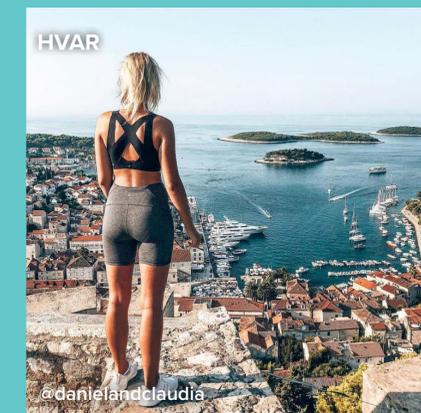


## GRAM IT!

Croatia is sure to give your followers a lot of FOMO with the stunning Adriatic Sea as the backdrop for most of your pics.



We guarantee you'll get a few shots like this on your trip. This laid-back lifestyle and beautiful clear waters will be sure to make your friends back home jealous!



The views from this fortress are insane and will definitely show off your adventurous side. Don't worry we've even got the caption ready for you: 'Hvar'ing a good time!' (Thank us later)



A trip to Croatia isn't complete without visiting the stunning waterfalls in Krka National Park. These waterfalls give you the perfect opportunity to practice your candid pic skills.



## WHERE YOU STAY

2 Nights Split - Hostel: Modern hostel near the Old Town.

7 Nights Croatia - Premium Boat: With spacious en-suite cabins, air-con, and multiple sundecks.

Your accommodation will be mixed share dorm rooms in the hostel and twin or double rooms onboard the boat.



PREMIUM BOAT



PREMIUM BOAT

## HIGHLIGHTS

- Sail the scenic Croatian coastline on a premium boat
- Visit the World Heritage cities of Split and Dubrovnik
- Swim, snorkel and kayak around the sights
- Get a taste of glitz and glamour in Hvar
- Experience the epic waterfalls of Krka National Park



## ITINERARY

### DAY 1 - ARRIVE IN SPLIT!

Landing in Split, you'll jump in your included airport transfer to take you to the hostel near the Old Town. Once checked in you'll have plenty of time to refresh before meeting everyone else in the group. Tonight we'll get our first taste of the laid-back Mediterranean lifestyle as we head out for dinner and drinks.

### DAY 2 - SPLIT & MAKARSKA

This morning is free to grab some breakfast and check out the sights of Split, and at midday we're climbing aboard a premium boat - home for the next 7 nights. With en-suite cabins, air-con, and multiple sundecks for topping up our tans... the island-hopping lifestyle awaits! As we start sailing the Dalmatian coast we'll have our first three-course lunch on board, then jump straight into the water at our first swim stop. Arriving in Makarska, a town framed by beautiful mountains and long beaches, tonight there's plenty of time to explore.

### DAY 3 - MLJET NATIONAL PARK

Today we're cruising to Mljet, a tranquil protected island in the heart of the Adriatic. Our boat will anchor in a secluded bay getting us acquainted with the Croatian routine - swim, eat, explore, repeat. After another feast of locally sourced food (think grilled meat and fresh veg), our boat will dock in town so we can roam the National Park by bike.

### DAY 4 - DISCOVER DUBROVNIK

While we're snoozing our boat will drift to the bucket-list ticking city of Dubrovnik. Poised elegantly on the Adriatic, Dubrovnik is famous for its magnificent walled Old Town, and plenty of Games of Thrones filming locations, of course! To take it all in we'll hit the sea in some kayaks, checking out the view from the water before exploring by land with a guided walking tour. After the sun goes down we will dine at a local restaurant before seeing what Dubrovnik's bars and clubs have to offer. Party in a fortress, anyone?

### DAY 5 - SAIL TO TRSTENIK

Leaving Dubrovnik, we'll drift past olive trees and vineyards as our captain finds a hidden bay for us to anchor. Practice your flips, go for a snorkel, enjoy an ice-cold Ozujsko, it's another tough day in paradise. Later this afternoon we'll dock in the quaint fishing village of Trstenik. Famous for wine, we'll wander the sun-dappled streets and take in Croatia at its most authentic. This evening we'll dress a little fancy for the captain's dinner and enjoy a few drinks on deck.

### DAY 6 - EXPLORE THE VENETIAN TOWN OF KORČULA

After another stint at sea today we're docking in Korčula, one of Croatia's charming island towns. Ringed with walls, paved with marble, and built around a stunning 15th Century Cathedral, Korčula is a mini-Dubrovnik without the tourists. We'll show you the sites, then the balmy summer afternoon is yours to explore the Venetian Old Town. Foodies will love the elegant restaurants on the town's fringe, and those inclined towards a cocktail have plenty of sunset bars to seek out.

### DAY 7 - GET A TASTE OF HVAR

You know the drill - first up is our swim stop and lunch on board, then this afternoon we're heading to the glamorous town of Hvar. Playground of the rich and famous, this is where super-yachts meet Renaissance architecture. Rising above terracotta rooftops, we'll climb to the Spanish Fortress for one of the best views in Croatia. With plenty of clubs open 'til the early hours, if you want to have a big night, Hvar is the place.

### DAY 8 - SAIL TO SPLIT

It's our final sailing day, but there's plenty more mainland action to come! Drifting into Split this afternoon, we'll be greeted with amazing views of the Riviera, then explore the fascinating sights with our included Split walking tour.

### DAY 9 - VISIT KRKA NATIONAL PARK

After a final breakfast on board, we'll wave goodbye to our crew and head to the famous Krka Waterfalls. Photogenic and otherworldly, chasing these beautiful landscapes under the Croatian sun is the perfect way to round off our trip. On the way back to Split we'll grab lunch in the beautiful old town of Skradin. Tonight we wrap up our trip with a final dinner and drinks to toast the incredible time we've had.

### DAY 10 - CHECK OUT

Your Croatian adventures have to come to an end eventually, but with a golden tan and a crew of lifelong friends there are worse ways to finish a trip. Those flying home can make their way to the airport, or keep living the dream and stay on longer in Croatia and the Balkans.

## INCLUSIONS

- ✓ Airport Transfer
- ✓ 9 Nights Accommodation
- ✓ 16 Meals
- ✓ All Transport
- ✓ Swim stops in the Adriatic Sea
- ✓ Mljet National Park Entrance + Bike Ride
- ✓ Captain's Dinner
- ✓ Dubrovnik Walking Tour
- ✓ Kayaking
- ✓ Snorkelling Equipment
- ✓ Hike up to the Spanish Fortress in Hvar
- ✓ Split Walking Tour
- ✓ Entrance to Krka Waterfalls National Park
- ✓ Help with Onward Travel

Total meals: 7B, 7L, 1D

\*Vegetarian meal options available at all stops

Not included: Port fees - €60pp



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)

# AUSTRALIA

STARTS HERE.

*Whether you're after adrenaline, relaxation or an exciting new experience working abroad, backpacking in Australia has something incredible for everyone! With thousands of beautiful white sandy beaches, bustling harbour-side cities, stunning rainforests and the sprawling red sands of the outback, there's a lot to see on a gap year or holiday in Australia.*

## FLYING TO AUSTRALIA

There are a few international airports to arrive at in Australia, but landing in Sydney is the best way to start an adventure in Oz and the best jumping off point for discovering the best of the beautiful East Coast.

Flights into Sydney (SYD) are common, and the beautiful beach-side city is the perfect place to shake off the effects of the long haul.

## WEATHER IN AUSTRALIA

Seasons in Australia are the opposite to those in the northern hemisphere, with summer falling from Dec - Feb and winter from Jun - Aug.

As Australia is a massive country, the weather can vary quite a lot across these seasons. Generally summer will see packed beaches and hot sun as the days sit at around 30 - 35°C, while the winter months will still enjoy mostly sunshine and 20°C or lower. Outdoor activities can be enjoyed all year round, with only the occasional intermittent rainfall.

The top half of Australia is sub-tropical so generally quite hot all year round with a wet and dry season. The bottom half has a more traditional summer and winter season with temperatures averaging around 25-35°C in summer and down to 10-20°C in winter. There's never a bad time to visit Oz as you can always chase (and find) the sun somewhere!

## USEFUL PHRASES

### ENGLISH

Hello  
Hey  
Thank you  
Good bye

### AUSSIE

G'day  
Oi  
Cheers mate  
Hooroo

## DID YOU KNOW?

Australia is MASSIVE! Taking up over 7.5million km<sup>2</sup>, it's about 32 times the size of the UK. This means it has plenty of room for big stuff! For instance, Australia is home to the world's largest cattle ranch which is bigger than the entire country of Belgium! Keeping things large, one of Australia's most famous roadside attractions is the 13 metre long 'Big Banana'. It's not for eating!





## BUCKET LIST



### LEARN TO SURF

A national past time and an epic way to pass a few hours at the beach, surfing is a must-do activity while in Australia. Known world-wide for its beautiful beaches and awesome waves, there's nothing like taking to an Australian surf break, paddling in the clear blue waters and getting to your feet on your first ever wave! If you're planning on travelling the East Coast of Australia it's certainly a skill you'll come to appreciate quickly as you discover perfect beach after perfect beach.



### CULTURE

Over 80% of the Australian population lives within 50km of the coast. Australians love anything to do with the beach above most other things, but are also passionate about good food, good sports and a few (too many) drinks. The indigenous people of Australia have lived on this beautiful continent for over 50,000 years, and have some incredible stories, art & sacred locations that must be seen to be believed.



### LANDSCAPE

Australia is huge, and it's covered in vastly different environments. From steamy tropical rainforests to dry and arid deserts, glistening beaches to snow lined mountains with beautiful cities dotted along the way, a true Australian adventure will take in almost every landscape you could think of!



### PEOPLE

Australian people are laidback, easy going and friendly. Whether on the coast or deep inland, Aussies are happy to help out and always ready to share a story or two (if you can understand the accent). Australians love summer and will find any excuse to spend their time outdoors, so throw on some stubbies (shorts), grab a tinnie (beer) and join the fun.



## HOW TO BEAT JETLAG!

Check out our useful tips to prepare you for your long flight and beat jetlag!

[READ MORE!](#)



### VISAS FOR AUSTRALIA

It's important to check your visa requirements before entering Australia. Depending on your nationality, how long you're planning on staying and purpose of visit there are a few options. Get the full rundown in the visa section of the ['Important Stuff'](#) page on our website.



### MONEY

The currency of Australia is called the Australian Dollar.

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's and money exchanges available throughout Australia so it's easy to get access to your money. If you will be working in Australia, your employer is also able to pay you through your Wise account.

## FLAVOUR STARTS HERE..

### AUSTRALIAN BBQ

Aussie's have been cooking BBQ's for longer than anyone can figure out, and by this point have truly mastered the art of a variety of cooked meats with all the best sides. It's the quintessential Aussie way to enjoy a steamy summer evening accompanied with a few beers.

### SMASHED AVO

No longer a hipster craze but now a breakfast staple, you'd be hard pressed to find a cafe in Australia that doesn't have a variation of this delicious meal on the menu. Cited as the reason no young Australians can afford a home, the tasty ripe avocado is spread over a delicious toast, often with crumbled feta, fresh tomato or a host of other options.

### MEAT PIE

The Australian meat pie is so well liked around the nation it could almost be termed a national dish. The perfect hand-sized meal for any sporting event, East Coast road trip or post-beach feed, this tasty pastry full of minced meat and gravy is a delicious and efficient feed! Don't make the rookie error of biting into one of these bad boys too quickly, as the insides have often been likened to lava!



Australia has a great selection of incredible food due to it's multicultural cities. While the traditional Aussie BBQ is a meal not to be missed, there's plenty more on the table here.

## GRAM IT!

It's not hard to believe that a country completely devoted to beautiful beaches and sun tans would deliver on the Insta-worthy trip of a life time. Check out the best spots for you to hunt those feed fillers.

### SYDNEY HARBOUR



@hello\_raya

Need we say more? With it's collection of world renowned unique landmarks, sparkling skyscrapers and blue waters this harbourside city is the perfect capture whether morning, noon or night!

### BONDI BEACH COASTAL WALK



@introtravel

Where else would you pick to truly make your friends jealous of your sunny adventure than Bondi Beach? Now's the time to throw on your best beach attire and find the most amazing view to capture along this stunning coastal walk.

### K'GARI (FRASER ISLAND)



@missbillielouise

K'gari is the largest sand island in the world, which means there are plenty of opportunities for uninterrupted pics in your 4x4 that you'll be driving around.

# OZ INTRO

10 DAYS

SYDNEY → BRISBANE



Oz Intro is the ultimate way to start a gap year or an adrenaline charged adventure in Australia. With the option to add the 'Oz Jobs' work program, it's the best way to explore and work in Oz.



## WHERE YOU STAY

- 6 Nights Sydney - Hostel
  - 1 Night Overnight Bus
  - 3 Nights Byron Bay - Hostel
  - 2 Nights Surfers Paradise - Hostel
  - 1 Night Brisbane - Hostel
- \* All rooms are multi-share dorm style, except the bus



## HIGHLIGHTS

- Discover Sydney's beautiful harbour & iconic beaches
- Learn to surf with real Aussie surf dudes in Byron Bay
- Party the night away in Surfers Paradise
- Plan your trip of a lifetime in Australia with the help of our friendly team
- Sort all the important stuff for living and working in Oz, including setting up a bank account, tax file number, medicare and unlimited job finding assistance with our work add-on

## ITINERARY

### DAY 1 - WELCOME TO OZ

Touching down in sunny Sydney, you'll jump in your included airport transfer to your centrally located hostel to settle in. You'll then meet up with your travel crew and get excited for the adventures to come.

### DAY 2 - CITY & NIGHT OUT

We'll get you orientated with one of our favourite cities in the world, Sydney! We'll learn about Sydney's fascinating history and culture before providing you with all the travel information you need to plan your next adventures. Tonight, we'll see what Sydney's nightlife is all about!

### DAY 3 - BONDI BEACH & BBQ

Today we visit the world famous Bondi Beach where you can take a swim or just relax and work on your tan. We'll then do the famous Bondi to Coogee Coastal walk and enjoy an Aussie beach BBQ and a few cold beers, before we freshen up and jump on our overnight bus to Byron Bay!

### DAY 4 - BYRON BAY

Spend the day exploring the beautiful and famous surf town of Byron Bay. We'll enjoy a night out this evening.

### DAY 5 - SURFS UP!

Today you'll learn to surf with Aussie surfer dudes before enjoying a relaxing yoga class.

### DAY 6 - SUNRISE

This morning we'll wake for sunrise at the iconic Cape Byron Lighthouse. We'll take in the stunning views and enjoy our last day in Byron.

### DAY 7 - SURFERS PARADISE

Get back to nature as you take in the breathtaking views of Surfers Paradise's iconic coastline, paddling through the mangroves and spotting amazing wildlife with a SUP lesson and tour.

### DAY 8 - OZ JOBS

Get back to nature as you take in the breathtaking views of Surfers Paradise's iconic coastline, paddling through the mangroves and spotting amazing wildlife on a SUP tour. We'll then make sure all the essential stuff you'll need to live and work in Oz is sorted with our Oz Jobs Program if you are doing this add-on.

### DAY 9 - BRISBANE

We head up to Brisbane today and will get to explore the highlights of Queensland's capital with a city orientation tour. We'll then get to chill out at the only city man-made beach in Australia called 'The Lagoon.'

### DAY 10 - CHECK OUT

Your epic Aussie adventure comes to an end in Brisbane this morning. If you need help with onward travel or work in Oz we are here to help for the rest of your time in Australia. A return to Sydney option is available.

## WORK IN OZ

### OZ JOBS ADD-ON INCLUSIONS

- ✓ INTRO Jobs App
- ✓ Unlimited Job Finding Assistance
- ✓ Work In Oz Seminar
- ✓ CV Building and Interview Skills
- ✓ Help with Farm Work & 2nd Year Visas

### BEFORE YOU START

We'll help sort all the important things you'll need before you start working in Australia. We'll make sure you have your Aussie Bank Account open with your card and pin ready for when you arrive, along with your Aussie SIM card and Tax File number.

### UNLIMITED HELP & ADVICE

Your group leader will give you a comprehensive 'Work in Oz' presentation, as well as one on one advice and support on CV building, job finding, interview skills and anything else you'll need to secure a great job in Australia.

### AUSTRALIA WIDE SUPPORT

We have friendly staff in our Australian offices that will be there to support you and help you find work for the entire time you're in Oz.

## INCLUSIONS

- ✓ Airport Transfer
- ✓ 9 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Sydney City Tour
- ✓ Bondi to Coogee Walk & Beach BBQ
- ✓ Surf Lesson
- ✓ Byron Bay Surf Board Hire
- ✓ Yoga Class
- ✓ Cape Byron Lighthouse Walk
- ✓ SUP Lesson & Tour
- ✓ Brisbane City Tour
- ✓ Help with Onward Travel
- ✓ Unlimited Support

Meals: 2 Breakfasts, 1 Lunch & 2 Dinners\*

\*Vegetarian meal options available at all stops

### THE IMPORTANT STUFF

- ✓ Help Before You Go
- ✓ Australian Sim Card
- ✓ Medicare Number
- ✓ Unlimited Free Internet
- ✓ Free Mail Holding



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)





Oz East Coast Adventure is the ultimate way to start a gap year or an adrenaline charged adventure in Australia. With the option to add the 'Oz Jobs' work program, it's the best way to explore and work in Oz.



## WHERE YOU STAY

- 2 Nights Sydney - Hostel
- 2 Nights Overnight Bus (not consecutively)
- 3 Nights Byron Bay - Hostel
- 2 Nights Surfers Paradise - Hostel
- 2 Nights Brisbane - Hostel
- 2 Nights Noosa - Hostel
- 2 Nights K'gari - Hostel
- 2 Nights Airlie Beach - Hostel
- 2 Nights Sailing Whitsundays - Boat
- 2 Nights Magnetic Island - Hostel
- 2 Nights Mission Beach - Resort
- 4 Nights Cairns - Hostel

\*All accommodations are multi-share.

## INCLUSIONS

- ✓ Airport Transfer
- ✓ 19 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Brisbane City Tour
- ✓ 3 Day 4WD Tag Along Tour of K'gari
- ✓ 2 Day 2 Night Whitsundays Sailing Trip
- ✓ 2 Nights Magnetic Island with Ferry Transfers
- ✓ Forts Walk
- ✓ Atherton Tablelands
- ✓ Full Day Snorkelling Great Barrier Reef at 2 Outer Reef Locations

✓ Help with Onward Travel

Total Meals: 6B, 7L & 6D\*

\*Vegetarian meal options available at all stops

## HIGHLIGHTS

- Explore the stunning K'gari (Fraser Island) by 4x4 safari and camp under the stars
- Sail 74 tropical islands on the Whitsundays and explore the world famous Whitehaven Beach
- Spot wild koalas and wallabies on Magnetic Island
- Snorkel and sail the Great Barrier Reef
- Discover the beautiful Atherton Tablelands
- Sort all the important stuff for living and working in Oz, including setting up a bank account, tax file number, medicare and unlimited job finding assistance with our work add-on



## ITINERARY

### DAY 1-2 - WELCOME TO OZ

After landing in Brisbane you'll jump in an included airport transfer to our hostel where you'll meet the rest of your travel crew. We have 2 days to explore the highlights of Queensland's capital, and chill out at the only city man-made beach in Australia called 'The Lagoon'.

### DAY 3-7 - 4X4 ISLAND SAFARI

Discover the Aussie holiday favourite Noosa, famous for its laidback lifestyle and stunning beaches. We'll kick back beach-side before heading to one of the absolute highlights on the East Coast of Australia - K'gari (Fraser Island)! You'll get to drive 4x4's around the biggest sand island in the world. The beach and sand dunes are your highway for the next 3 days. Swim in the incredible turquoise waters of Lake McKenzie, float down the lazy river of Eli Creek, get a 360 degree view of K'gari from Indian Heads Lookout, chill in the bubbles of the Champagne Pools, learn about the Aboriginal history on the island, spot dingoes in the wild, and then sleep beneath the stars in a purpose built campsite with your group. Arriving back in Noosa, we'll explore the idyllic coastline on our way to the Instagram-worthy Fairy Pools.

### DAY 8-11 - SAIL TROPICAL ISLANDS

Enjoy some free time at the beachfront lagoon in Airlie Beach before discovering another absolute must do on the East Coast - the stunning Whitsundays. Made up of 74 tropical islands, we'll board our boat for the next 2 nights. Relax and sunbathe on the deck as we sail to the outer parts of the Great Barrier Reef. Snorkel with an abundance of marine life on the fringing reefs. Later you'll get to explore the amazing swirls of fine white sand on the world-famous Whitehaven Beach.

### DAY 12-13 - ISLAND EXPLORING

Today we'll jump on the ferry to a slice of tropical paradise - Magnetic Island. Over the next 2 days you'll stay in beach front huts while you explore the best of this magical Island. Chill out in your ocean front hammock, hire a car and explore the hidden beaches and hike up the historic Forts Walk. If you're lucky you'll even spot wild koalas and rock wallabies.

### DAY 14-15 HEART PUMPING ADRENALINE

Time to relax in the chilled out beachfront town of Mission Beach, with your choice of any adrenaline pumping experience this tiny town is known for. If you've ever thought of skydiving this is the place! Jump at 15,000ft and soak up views of both the Great Barrier Reef and rainforests before landing on the beach, or white water raft the Tully River rapids through a specular gorge surrounded by World Heritage Rainforest.

### DAY 16-20 - GREAT BARRIER REEF

Cairns is the ultimate backpacker adventure hub. Here you'll tick off a massive bucket list item and experience a full day on the Great Barrier Reef. You'll get to snorkel and sail the Great Barrier Reef and visit 2 unique outer reef locations. While in Cairns we'll also explore the real Aussie oasis of the Atherton Tablelands. You'll swim under epic waterfalls, slide down natural rock slides and swim in dormant volcano craters all while your experienced guide teaches you about this extraordinary place. Tonight we wrap things up with a farewell dinner and drinks to toast the incredible adventures we've had together.

Your epic Aussie adventure comes to an end in Cairns on the morning of day 20. If you need help with onward travel or work in Oz we are here to help for the rest of your time in Australia.

## WORK IN OZ

### OZ JOBS ADD-ON INCLUSIONS

- ✓ INTRO Jobs App
- ✓ Unlimited Job Finding Assistance
- ✓ Work In Oz Seminar
- ✓ CV Building and Interview Skills
- ✓ Help with Farm Work & 2nd Year Visas

### BEFORE YOU START

We'll help sort all the important things you'll need before you start working in Australia. We'll make sure you have your Aussie Bank Account open with your card and pin ready for when you arrive, along with your Aussie SIM card and Tax File number.

### UNLIMITED HELP & ADVICE

Your group leader will give you a comprehensive 'Work in Oz' presentation, as well as one on one advice and support on CV building, job finding, interview skills and anything else you'll need to secure a great job in Australia.

### AUSTRALIA WIDE SUPPORT

We have friendly staff in our Australian offices that will be there to support you and help you find work for the entire time you're in Oz.

### THE IMPORTANT STUFF

- ✓ Help Before You Go
- ✓ Australian Sim Card
- ✓ Medicare Number
- ✓ Unlimited Free Internet
- ✓ Free Mail Holding



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)

# OZ EAST COAST ADVENTURE

28 DAYS SYDNEY → CAIRNS



# OZ EAST COAST ADVENTURE

100% CARBON NEUTRAL TOURS

WORK & TRAVEL ADD-ON

Oz East Coast Adventure is the ultimate way to start a gap year or an adrenaline charged adventure in Australia. With the option to add the 'Oz Jobs' work program, it's the best way to explore and work in Oz.



## WHERE YOU STAY

- 2 Nights Sydney - Hostel
- 2 Nights Overnight Bus (not consecutively)
- 3 Nights Byron Bay - Hostel
- 2 Nights Surfers Paradise - Hostel
- 2 Nights Brisbane - Hostel
- 2 Nights Noosa - Hostel
- 2 Nights K'gari - Hostel
- 2 Nights Airlie Beach - Hostel
- 2 Nights Sailing Whitsundays - Boat
- 2 Nights Magnetic Island - Hostel
- 2 Nights Mission Beach - Resort
- 4 Nights Cairns - Hostel

\*All accommodations are multi-share.

## INCLUSIONS

- ✓ Airport Transfer
- ✓ 27 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Sydney City Tour
- ✓ Bondi to Coogee Walk & Beach BBQ
- ✓ Surf Lesson
- ✓ Byron Bay Surf Board Hire
- ✓ Yoga class
- ✓ Cape Byron Lighthouse Walk
- ✓ SUP Lesson & Tour
- ✓ Brisbane City Tour
- ✓ 3 Day 4WD Tag Along Tour of K'gari
- ✓ 2 Day 2 Night Whitsundays Sailing Trip
- ✓ 2 Nights Magnetic Island with Ferry Transfers
- ✓ Forts Walk
- ✓ Atherton Tablelands
- ✓ Full Day Snorkelling Great Barrier Reef at 2 Outer Reef Locations
- ✓ Help with Onward Travel

Total Meals: 8B, 8L & 8D\*

\*Vegetarian meal options available at all stops

## OZ JOBS ADD-ON INCLUSIONS

- ✓ INTRO Jobs App
- ✓ Unlimited Job Finding Assistance
- ✓ Work In Oz Seminar
- ✓ CV Building and Interview Skills
- ✓ Help with Farm Work & 2nd Year Visas



## CHECK DATES & PRICES

CLICK HERE

## HIGHLIGHTS

- Get your tan started on Sydney's iconic beaches and learn to surf with real Aussie surf dudes in Byron Bay
- Party the night away in Surfers Paradise
- Explore the stunning K'gari (Fraser Island) by 4x4 safari and camp under the stars
- Sail 74 tropical islands on the Whitsundays and explore the world famous Whitehaven Beach
- Spot wild koalas and wallabies on Magnetic Island
- Snorkel and sail the Great Barrier Reef
- Discover the beautiful Atherton Tablelands
- Sort all the important stuff for living and working in Oz, including setting up a bank account, tax file number, medicare and unlimited job finding assistance with our work add-on

## ITINERARY

### DAY 1 - WELCOME TO OZ

After landing in Sydney you'll jump in an included airport transfer to our hostel where you'll meet the rest of your travel crew. We have 2 days to explore the stunning harbour city and will take a coastal walk to Sydney's best beaches, including the world-famous Bondi, before we head off on our Oz East Coast Adventure!

### DAY 4-6 - SURFS UP!

We'll spend 3 nights in the beautiful and famous surf town of Byron Bay. You'll learn to surf with Aussie surfer dudes, chill out on the beach and spot wild dolphins, relax and unwind with a yoga class and take a sunrise walk to Cape Byron Lighthouse.

### DAY 7-8 - BEACHES & PARTIES

Experience the best of the iconic Surfers Paradise. Explore the city, party the night away and work on your tan. Get back to nature as you take in the breathtaking views of Surfers Paradise's iconic coastline, paddling through the mangroves and spotting wildlife with a SUP lesson and tour.

### DAY 9-10 - BIG CITY & SUNSETS

Explore the highlights of Queensland's capital, Brisbane, and chill out at the only city man-made beach in Australia called 'The Lagoon'.

### DAY 11-15 - 4X4 ISLAND SAFARI

Discover the Aussie holiday favourite Noosa, famous for its laidback lifestyle and stunning beaches. We'll kick back beach-side before heading to one of the absolute highlights on the East Coast of Australia - K'gari (Fraser Island)! You'll get to drive 4x4's around the biggest sand island in the world. The beach and sand dunes are your highway for the next 3 days. Swim in the incredible turquoise waters of Lake McKenzie, float down the lazy river of Eli Creek, get a 360 degree view of K'gari from Indian Heads Lookout, chill in the bubbles of the Champagne Pools, learn about the Aboriginal history on the island, spot dingoes in the wild, and then sleep beneath the stars in a purpose built campsite with your group. Arriving back in Noosa, we'll explore the idyllic coastline on our way to the Instagram-worthy Fairy Pools.

### DAY 16-19 - SAIL TROPICAL ISLANDS

Enjoy some free time at the beachfront lagoon in Airlie Beach before discovering another absolute must do on the East Coast - the stunning Whitsundays. Made up of 74 tropical islands, we'll board our boat for the next 2 nights. Relax and sunbathe on the deck as we sail to the outer parts of the Great Barrier Reef. Snorkel with an abundance of marine life on the fringing reefs. Later you'll get to explore the amazing swirls of fine white sand on the world-famous Whitehaven Beach.

### DAY 20-21 - ISLAND EXPLORING

Today we'll jump on the ferry to a slice of tropical paradise - Magnetic Island. Over the next 2 days you'll stay in beach front huts while you explore the best of this magical Island. Chill out in your ocean front hammock, hire a car and explore the hidden beaches and hike up the historic Forts Walk. If you're lucky you'll even spot wild koalas and rock wallabies.

### DAY 22-23 HEART PUMPING ADRENALINE

Time to relax in the chilled out beachfront town of Mission Beach, with your choice of any adrenaline pumping experience this tiny town is known for. If you've ever thought of skydiving this is the place! Jump at 15,000ft and soak up views of both the Great Barrier Reef and rainforests before landing on the beach, or white water raft the Tully River rapids through a specular gorge surrounded by World Heritage Rainforest.

### DAY 24-28 - GREAT BARRIER REEF

Cairns is the ultimate backpacker adventure hub. Here you'll tick off a massive bucket list item and experience a full day on the Great Barrier Reef. You'll get to snorkel and sail the Great Barrier Reef and visit 2 unique outer reef locations. While in Cairns we'll also explore the real Aussie oasis of the Atherton Tablelands. You'll swim under epic waterfalls, slide down natural rock slides and swim in dormant volcano craters all while your experienced guide teaches you about this extraordinary place. Tonight we wrap things up with a farewell dinner and drinks to toast the incredible adventures we've had together.

Your epic Aussie adventure comes to an end in Cairns on the morning of day 28. If you need help with onward travel or work in Oz we are here to help for the rest of your time in Australia.



# NEW ZEALAND

STARTS HERE.

*After adrenaline, jaw-dropping scenery, and once in a lifetime opportunities working abroad? Backpacking in New Zealand is the ultimate work and travel adventure! Explore rugged coastlines fringed by ancient forests, hike mountains for breathtaking views, soak in natural thermal pools amongst volcanic landscapes, cruise misty fjords, ski snow-capped slopes, and more. These two islands are a world of their own.*

## FLYING TO NEW ZEALAND

New Zealand has a few airports, but most international flights land in Auckland (AKL). From here you can begin your adventures around the North Island, or transfer on a short domestic flight to Wellington, Christchurch or Queenstown if you're travelling further south.

## WEATHER IN NEW ZEALAND

Seasons in New Zealand are opposite to those in the northern hemisphere, with summer falling from December to February and winter from June to August. The climate varies widely depending on where you are, and locals joke that you can experience all four seasons in a single day.

The far north has sub-tropical weather during the summer, perfect for boat trips and days on the beach, with temperatures averaging around 25 degrees celsius. In winter, southern inland mountain areas can get down to -10 degrees, with snowy conditions ideal for skiing or snowboarding.

Generally the further south you are the cooler it is, but coastal regions experience milder weather than the mountains. There's never a bad time to visit NZ as there's plenty of things to do, whatever the weather!

## USEFUL PHRASES

### ENGLISH

Hello  
Thank You  
Awesome  
No Worries

### AUSSIE

Kia Ora  
Chur  
Sweet As  
She'll Be Right

## DID YOU KNOW?

New Zealand is famous for adrenaline-pumping activities and home to many pioneers of outdoor adventure. Native New Zealander Sir Edmund Hillary first practiced mountaineering in the Southern Alps before becoming one of the first people to summit Mount Everest with Sherpa Tenzing Norgay in 1953. The first ever commercial bungee jump was created by AJ Hackett at Queenstown's Kawarau Bridge in 1988, inspiring bungee jumping all over the world and still operating to this day. The modern jet boat was invented by New Zealander Bill Hamilton to navigate shallow Canterbury rivers, and its potential as an adventure activity was realised shortly after by enterprising Kiwis.

# NEW ZEALAND



## BUCKET LIST



### HOBBITON

Every Lord of the Rings and Hobbit fan is already guaranteed to love Hobbiton. However if you appreciate attention to detail as well as being able to feel like a kid again, we think you'll also enjoy yourself exploring the lush pastures of the real-life Middle Earth. And if you're still not convinced, you'll finish the tour with a drink at the Green Dragon Inn. With your choice of specially-brewed New Zealand ale, apple cider, or soft drink beside a roaring fire or in the beer garden, we know this will be the perfect way to end your day!



### CULTURE

New Zealand's culture is influenced by European and Māori traditions. The indigenous Māori travelled from Polynesia over 1000 years ago, bringing a culture of proud warriors and ancient traditions still integral to New Zealand's identity today. One in seven Kiwis identify as Māori, and you'll notice that Māori vocabulary is commonly used alongside English and on signs around the country, so brush up on your kia ora's!



### LANDSCAPE

New Zealand is a nature lover's paradise, and for a small country it packs a punch. From alpine forests at the base of snow-capped peaks, to rugged coastlines with golden beaches and gnarly surf, you're never far from spectacular scenery. New Zealanders have a common commitment to sustainability, and strive to keep areas of natural beauty untouched. With glaciers, fiords, plains, volcanic plateaus, deep lakes and more, there's no wonder why New Zealand is such a popular filming location.



### PEOPLE

Though a diverse and multicultural people, Kiwis are generally a laid back, friendly bunch. Their relatively isolated geographic position has led New Zealanders to be independent and resourceful, with a famous 'Kiwi ingenuity' and pioneering spirit. Whether living in urban centres or mountain towns, Kiwis love their sports. Grab the rugby ball or snowboard, get outside, and join in!

## WHY NZ SHOULD BE ON YOUR BUCKET LIST

[READ MORE!](#)



### VISAS FOR NEW ZEALAND

It's important to check your visa requirements before entering New Zealand. Depending on your nationality, how long you're planning on staying and purpose of visit there are a few options. Get the full rundown in the visa section of the ['Important Stuff'](#) page on our website.



### MONEY

The currency of New Zealand is called the New Zealand.

We recommend getting a travel currency card through [Wise](#). You can use the Wise card almost everywhere and withdraw cash and use it with Google or Apple Pay. If you transfer your money into the local currency, you can avoid paying foreign exchange fees when you use the card. There are ATM's and money exchanges available throughout New Zealand so it's easy to get access to your money. If you will be working in New Zealand, your employer is also able to pay you through your Wise account.

## FLAVOUR STARTS HERE..

### HANGI

A traditional hangi is more than a dish, it's a Māori cultural institution. It involves slow-cooking meat and vegetables in an underground oven, a method perfected over thousands of years. Lamb, pork, chicken, seafood, potato, cabbage and more come out with a delicious earthy taste, flavoured with plant leaves. A hangi takes all day to prepare, so it is usually saved for special occasions.

### FUSH N CHUPS

Like many Kiwi dishes, fish and chips came to New Zealand from Britain, but is now entrenched in local culture. Fish 'n' chip shops scatter the coast selling deep-fried foods like scallops, crab sticks, oysters, mussels, calamari, and of course, battered fish and salty chips. It's Friday afternoon tradition to grab fish 'n' chips from the local shop and snag a scenic spot on the beach.

### PAVLOVA

Get a Kiwi and an Aussie in the same room, ask who invented the pavlova, and prepare for an argument! A much-loved dessert in both countries, pavlova is an airy cake made with meringue and whipped cream, topped with fruit and often served at Christmas. Named after the famous Russian ballerina Anna Pavlova, who toured Australia and New Zealand in 1926, this crisp dessert is a must-try.



New Zealand's cuisine is driven by local ingredients and seasonal availability from the land and sea. Historic influences stem from British cuisine and Māori culture, but the country's cultural diversity means there's plenty of dishes on the menu! Some of our favourite quintessential foods include...

## GRAM IT!

Boasting geothermal springs, alpine lakes, snowy mountains and limestone caves, New Zealand's geographical features are some of the most diverse and instagramable in the world. Check out the below feed stoppers!

### AORAKI/MOUNT COOK



@majapresets

New Zealand is famous for its breath-taking hikes making it an adventurer's paradise! From rugged coastlines, river valleys, towering forests and dramatic snow-capped mountain ranges, NZ has it all - and so will your gram!

### WAITOMO GLOWWORM CAVES



@shaun\_jeffers

This picture speaks for itself and is sure to make your followers envious! The Waitomo Glowworm Caves are an untouched beauty just waiting to feature on your gram!

### QUEENSTOWN



@erikapasin

You can't come to Queenstown without getting a pic like this. Looking across the stunning Lake Wakatipu at candy floss skies and snowy mountain tops will definitely add some beautiful blues to your feed.

# NZ INTRO NORTH

9 DAYS AUCKLAND → AUCKLAND



NZ Intro North is the same tour as NZ Adventure North, plus our comprehensive NZ Jobs program including everything you need to live and work in New Zealand.



## WHERE YOU STAY

3 Nights Auckland - Hostel: Popular hostel in a great location.

3 Nights Rotorua - Hostel: With indoor rock climbing wall and cinema.

2 Nights Taupo - Hostel: Laid back lake vibes and creature comforts.

\*All rooms are multi-share dorm style.



## INTRO JOBS APP

You'll get a lifetime membership to our NZ Jobs Program. This includes exclusive access to our INTRO Jobs App, where we post lots of great job opportunities every day from our NZ wide network of employers.

## HIGHLIGHTS

- Marvel at the world-famous Waitomo glowworm caves
- Explore the real Hobbiton film set and filming locations featured in the Lord of the Rings and Hobbit trilogies
- Experience New Zealand's incredible volcanic landscapes and thundering waterfalls
- Immerse yourself in Maori culture
- Sail into the sunset across Lake Taupo
- Sort all the important stuff for living and working in NZ, including a bank account, IRD number and SIM card
- Unlimited assistance securing a paid job in New Zealand and support with all onward travel



## ITINERARY

### DAY 1 - ARRIVE IN AUCKLAND

Kia ora! Touching down in Auckland, you'll jump in your included airport transfer to take you to our hostel. This evening you'll meet up with the rest of your travel crew!

### DAY 2 - CITY ORIENTATION & WORK ESSENTIALS SET UP

Today we'll get oriented with the beautiful city of Auckland and help get your NZ bank account and SIM card. We'll then catch a ferry and travel to the beautiful Waiheke Island. Listen out for the Kiwi accent to see if it lives up to the 'World's Sexiest'.

### DAY 3 - GLOWWORM CAVES & HOBBITON

First up today we're stopping at Waitomo, home of the world-famous glowworm caves. We'll jump on a boat to explore this labyrinth of underground rivers and glowworms. This afternoon we'll head to Hobbiton to explore the lush pastures of the Shire as featured in The Lord Of The Rings and The Hobbit trilogies. We'll then enjoy a drink at the Green Dragon Inn before departing for Rotorua.

### DAY 4 - EXPLORE ROTORUA

Waking up to the whiff of sulphur, today you'll definitely know you're in Rotorua! Visit the naturally heated waters of Kerosene Creek as well one of New Zealand's most magnificent geothermal wonderlands – Te Puia, featuring dramatic geysers & bubbling mud.

### DAY 5 - MĀORI EXPERIENCE

This morning you'll have some free time to maybe try some zorbing or the skyline luge. In the evening we'll go to the Mitai Maori village for an authentic introduction to Maori culture. It doesn't get more authentic than this!

### DAY 6 - TAUPO & SUNSET SAIL

Today we travel to Taupo, a lakefront town in the heart of the North Island. This evening we'll treat you to something special - a sunset sailing trip across the lake. Swoon over spectacular, no-filter-needed scenery as the sky changes colour and the stars set in above the volcanic landscape.

### DAY 7 - WATERFALLS & ADRENALINE

This morning we're off on a scenic walk to check out Huka Falls, a goose-bump inducing torrent of crystal water thundering down the Waikato River that you will hear before you see. After witnessing the raw power of Mother Nature, you'll then have some free time when you can do a skydive or the world's highest bungee jump!

### DAY 8 - WORK & TRAVEL TALK

After travelling back to Auckland, our team will help make sure you've got everything sorted for living and working in NZ, and get you signed up to our NZ Jobs program. Tonight we'll get together, dressing sharp for our farewell dinner.

### DAY 9 - CHECK OUT

Your unforgettable 9 day adventure comes to an end today, but your time in NZ is only just beginning. You'll now be ready for the next leg alongside the new friends you've made, and we'll be there for support every step of the way.

## WORK IN NZ

### BEFORE YOU START

We'll sort all the important things you'll need before you start working in New Zealand. We'll assist you opening your NZ bank account along with your NZ SIM card and IRD Number.

### UNLIMITED HELP & ADVICE

Your group leader will give you a comprehensive 'Work in NZ' presentation, as well as one on one advice and support on CV Building, Job Finding, Interview Skills and anything else you may need!

## INCLUSIONS

- ✓ Airport Transfer
- ✓ 8 Nights Accommodation
- ✓ All Transport
- ✓ Help Before You Go
- ✓ NZ Sim Card
- ✓ Assistance with IRD Number
- ✓ Assistance with NZ Bank Account
- ✓ Awesome Group Leader
- ✓ Auckland City Orientation
- ✓ Ferry to Waiheke Island
- ✓ Waitomo Glowworm Caves Boat Tour
- ✓ Hobbiton Film Set Tour
- ✓ Kerosene Creek
- ✓ Te Puia
- ✓ Māori Experience
- ✓ Lake Taupo Sunset Sailing
- ✓ Huka Falls
- ✓ Help with Onward Travel
- ✓ Unlimited Support

Meals: 4 Breakfasts & 2 Dinners\*

\*Vegetarian meal options available at all stops

### NZ JOBS PROGRAM

- ✓ INTRO Jobs App
- ✓ Unlimited Job Finding Assistance
- ✓ Work In NZ Seminar
- ✓ CV Building and Interview Skills



**FREE & FLEXIBLE BOOKINGS**  
Change your tour or date for free up to 30 days before travel.



**NOT SURE WHEN TO TRAVEL?**  
Book open dated to lock in the price and travel when you're ready.



**EASY PAYMENTS**  
Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)

# NZ ADVENTURE NORTH

9 DAYS AUCKLAND → AUCKLAND



## WHERE YOU STAY

3 Nights Auckland - Hostel: Popular hostel in a great location.

3 Nights Rotorua - Hostel: With indoor rock climbing wall and cinema.

2 Nights Taupo - Hostel: Laid back lake vibes and creature comforts.

\* All rooms are multi-share dorm style.



## HIGHLIGHTS

- Marvel at the world-famous Waitomo glowworm caves
- Explore the real Hobbiton film set and filming locations featured in the Lord of the Rings and Hobbit trilogies
- Experience New Zealand's incredible volcanic landscapes and thundering waterfalls
- Immerse yourself in Maori culture
- Sail into the sunset across Lake Taupo
- Plan your trip of a lifetime travelling New Zealand with 24/7 assistance from our team



## ITINERARY

### DAY 1 - ARRIVE IN AUCKLAND

Kia ora! Touching down in Auckland, you'll jump in your included airport transfer to take you to our hostel. This evening you'll meet up with the rest of your group.

### DAY 2 - AUCKLAND CITY ORIENTATION

First on the agenda today is getting oriented with the beautiful harbour city of Auckland. We'll then catch a ferry and travel to the beautiful Waiheke Island. Listen out for the Kiwi accent to see if it lives up to the 'World's Sexiest'.

### DAY 3 - GLOWWORM CAVES & HOBBITON

First up today we're stopping at Waitomo, home of the world-famous glowworm caves. We'll jump on a boat to explore this labyrinth of underground rivers and glowworms. This afternoon we'll head to Hobbiton to explore the lush pastures of the Shire as featured in The Lord Of The Rings and The Hobbit trilogies. We'll then enjoy a drink at the Green Dragon Inn before departing for Rotorua.

### DAY 4 - EXPLORE ROTORUA

Waking up to the whiff of sulphur, today you'll definitely know you're in Rotorua! Visit the naturally heated waters of Kerosene Creek as well one of New Zealand's most magnificent geothermal wonderlands – Te Puia, featuring dramatic geysers & bubbling mud.

### DAY 5 - MĀORI EXPERIENCE

This morning you'll have some free time to maybe try some zorbing or the skyline luge. In the evening we'll go to the Mitai Maori village for an authentic introduction to Maori culture. It doesn't get more authentic than this!

### DAY 6 - TAUPO & SUNSET SAIL

Today we travel to Taupo, a lakefront town in the heart of the North Island. This evening we'll treat you to something special - a sunset sailing trip across the lake. Swoon over spectacular, no-filter-needed scenery as the sky changes colour and the stars set in above the volcanic landscape.

### DAY 7 - WATERFALLS & ADRENALINE

This morning we're off on a scenic walk to check out Huka Falls, a goose-bump inducing torrent of crystal water thundering down the Waikato River that you will hear before you see. After witnessing the raw power of Mother Nature, you'll then have some free time when you can do a skydive or the world's highest bungee jump!

### DAY 8 - ONWARD TRAVEL

After travelling back to Auckland we'll help sort out your onward travel for your time in New Zealand. If you've got questions, we've got answers! Let us sort you out. Tonight we'll get the gang together one more time, dressing sharp for our farewell dinner and night out in the city.

### DAY 9 - CHECK OUT

This morning your Northern Kiwi adventure comes to an end, but this is just the beginning of your time in New Zealand! Prepped and ready for the next leg along, we'll be there for support every step of the way.



## TRAVEL THE NORTH ISLAND

From the volcanic marvels of Rotorua to the lush charm of real-life Hobbiton, New Zealand's North Island is full of wilderness and wonder. Our friendly pros will help you plan all your onward travel in New Zealand!

## INCLUSIONS

- ✓ Airport Transfer
- ✓ 8 Nights Accommodation
- ✓ All Transport
- ✓ Help Before You Go
- ✓ Awesome Group Leader
- ✓ Auckland City Orientation
- ✓ Ferry to Waiheke Island
- ✓ Waitomo Glowworm Caves Boat Tour
- ✓ Hobbiton Film Set Tour
- ✓ Kerosene Creek
- ✓ Te Puia
- ✓ Māori Experience
- ✓ Lake Taupo Sunset Sailing
- ✓ Huka Falls
- ✓ Help with Onward Travel
- ✓ Unlimited Support

Meals: 4 Breakfasts & 2 Dinners\*

\*Vegetarian meal options available at all stops



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)

# NZ INTRO SOUTH

9 DAYS QUEENSTOWN → QUEENSTOWN



NZ Intro South is the same tour as NZ Adventure South, plus our comprehensive NZ Jobs program including everything you need to live and work in New Zealand.

## HIGHLIGHTS

- Jet boat through canyons
- Cruise around the remarkable Milford Sound
- Kayak in Lake Wanaka
- Explore Aoraki/Mount Cook National Park
- Bike ride around the stunning Lake Tekapo
- Hike in Aoraki/Mount Cook National Park to gain views of glaciers and New Zealand's highest peaks
- Sort all the important stuff for living and working in NZ, including a bank account, IRD number and SIM card
- Assistance securing a paid job in New Zealand and support with all onward travel



## ITINERARY

### DAY 1 - WELCOME TO NZ!

Kia ora! Touching down in Queenstown, you'll jump in your included airport transfer to take you to our hostel. This evening you'll meet up with the rest of your travel crew!

### DAY 2 - CITY ORIENTATION & JET BOATING

Today we get oriented with beautiful Queenstown! After doing some life admin and getting your local essentials set up, it's time to get our first splash of adrenaline with a jet boat ride. Feel the thrill as highly skilled drivers manoeuvre the boat just inches from sheer canyon walls, 360 degree spins and speeds in excess of 80km/h. Tonight it's time to see what this backpacker hub is all about after dark!

### DAY 3 - MILFORD SOUND

This morning we make tracks to New Zealand's most majestic attraction - Milford Sound. Jumping on a fjord cruise, we'll experience the spellbinding combination of towering peaks, forested cliffs, resident seals, and plummeting waterfalls up close and personal. Tonight we'll cosy up in Te Anau, a picturesque town in the heart of Fiordland.

### DAY 4 - TRAVEL TO WANAKA

After soaking up Middle Earth's awe-inspiring vistas and filling our camera rolls we'll continue on to Wanaka, a quaint resort town on a lake dwarfed by snow-capped peaks, where we'll also get to see some LOTR filming locations!

### DAY 5 - EXPLORE WANAKA

Today we check out all Wanaka has to offer, including going kayaking on the beautiful Lake Wanaka and discovering the famous Wanaka Tree. We'll later hike up Mount Iron for stunning 360 degree views of the local area including The Pisa range, Upper Clutha Basin and the mesmerising Southern Alps.

### DAY 6 - AORAKI/MT COOK

Today we'll embark on a scenic drive towards the milky turquoise lake of Tekapo. Later we'll stretch our legs on the iconic Hooker Valley Hike, giving us spectacular views of Aoraki/Mt Cook; the tallest mountain in NZ.

### DAY 7 - LAKE TEKAPO

Today we'll take a hike up Mount John where we'll get 360-degree views of the Southern Alps before soaking our tired muscles in some hot pools.

### DAY 8 - WORK & TRAVEL TALK

After travelling back to Queenstown, our team will help make sure you've got everything sorted for living and working in NZ, and get you signed up to our NZ Jobs program. Tonight we'll get together for our farewell dinner.

### DAY 9 - CHECK OUT

Your unforgettable 9 day adventure comes to an end today, but your time in NZ is only just beginning. You'll now be ready for the next leg alongside the new friends you've made, and we'll be there for support every step of the way.



## WHERE YOU STAY

- 3 Nights Queenstown - Hostel: Great location and vibe.
- 1 Night Milford Sound - Hostel: Boasts beautiful lake views with a central location.
- 2 Nights Wanaka - Hostel: Relaxed and welcoming with amazing views of the mountains.
- 2 Nights Lake Tekapo - Hostel: A fantastic hostel right on the lake.

\* All rooms are multi-share dorm style.



## INTRO JOBS APP

You'll get a lifetime membership to our NZ Jobs Program. This includes exclusive access to our INTRO Jobs App, where we post lots of great job opportunities every day from our NZ wide network of employers.



## WORK IN NZ

### BEFORE YOU START

We'll sort all the important things you'll need before you start working in New Zealand. We'll assist you opening your NZ bank account along with your NZ SIM card and IRD Number.

### UNLIMITED HELP & ADVICE

Your group leader will give you a comprehensive 'Work in NZ' presentation, as well as one on one advice and support on CV Building, Job Finding, Interview Skills and anything else you may need!

## INCLUSIONS

- ✓ Airport Transfer
- ✓ 8 Nights Accommodation
- ✓ All Transport
- ✓ Help Before You Go
- ✓ NZ Sim Card
- ✓ Assistance with IRD Number
- ✓ Assistance with NZ Bank Account
- ✓ Awesome Group Leader
- ✓ Queenstown City Orientation
- ✓ Jet Boating
- ✓ Milford Sound Cruise
- ✓ Mount Cook / Aoraki National Park
- ✓ Hooker Valley Hike
- ✓ Hike Mount John
- ✓ Bike Ride Around Lake Tekapo
- ✓ Hot Pools
- ✓ Help with Onward Travel
- ✓ Unlimited Support

Meals: 6 Breakfasts, 1 Lunch & 2 Dinners\*

\*Vegetarian meal options available at all stops

### NZ JOBS PROGRAM

- ✓ INTRO Jobs App
- ✓ Unlimited Job Finding Assistance
- ✓ Work In NZ Seminar
- ✓ CV Building and Interview Skills



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

Book open dated to lock in the price and travel when you're ready.



### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.

## CHECK DATES & PRICES

[CLICK HERE](#)



# NZ ADVENTURE SOUTH

## HIGHLIGHTS

- Jet boat through canyons
- Cruise around the remarkable Milford Sound
- Kayak in Lake Wanaka
- Explore Aoraki/Mount Cook National Park
- Bike ride around the stunning Lake Tekapo
- Hike in Aoraki/Mount Cook National Park to gain views of glaciers and New Zealand's highest peaks
- Plan your trip of a lifetime travelling New Zealand with 24/7 assistance from our team



## ITINERARY

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### DAY 7 - LAKE TEKAPO

Today we'll take a hike up Mount John where we'll get 360-degree views of the Southern Alps before soaking our tired muscles in some hot pools.

### DAY 8 - ONWARD TRAVEL

After travelling back to buzzing Queenstown, we'll help sort out your onward travel for your trip in New Zealand. Tonight we'll get the gang together one more time, dressing sharp for our farewell dinner and night out on the town.

### DAY 9 - CHECK OUT

Your unforgettable 9 day adventure comes to an end today, but your time in NZ is only just beginning. You'll now be ready for the next leg alongside the new friends you've made, and we'll be there for support every step of the way.



## WHERE YOU STAY

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1 Night Milford Sound - Hostel: Boasts beautiful lake views with a central location.

2 Nights Wanaka - Hostel: Relaxed and welcoming with amazing views of the mountains.

2 Nights Lake Tekapo - Hostel: A fantastic hostel right on the lake.

\* All rooms are multi-share dorm style.



QUEENSTOWN

LAKE TEKAPO

## INCLUSIONS

- ✓ Airport Transfer
- ✓ 8 Nights Accommodation
- ✓ All Transport
- ✓ Help Before You Go
- ✓ Awesome Group Leader
- ✓ Queenstown City Orientation
- ✓ Jet Boating
- ✓ Milford Sound Cruise
- ✓ Mount Cook / Aoraki National Park
- ✓ Hooker Valley Hike
- ✓ Hike Mount John
- ✓ Hot Pools
- ✓ Help with Onward Travel
- ✓ Unlimited Support

Meals: 6 Breakfasts, 1 Lunch & 2 Dinners\*

\*Vegetarian meal options available at all stops



### FREE & FLEXIBLE BOOKINGS

Change your tour or date for free up to 30 days before travel.



### NOT SURE WHEN TO TRAVEL?

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### EASY PAYMENTS

Secure your space with a low deposit. Pay off your trip in easy instalments.



## TRAVEL THE SOUTH ISLAND

Home to jaw-dropping scenery, addictive adrenaline rushes and good times galore, New Zealand's South Island is everything you've dreamed of. We'll help you plan and sort all your onward travel after your first 9 days with us, so you'll have the trip of a lifetime!

## CHECK DATES & PRICES

[CLICK HERE](#)

# NZ INTRO

17 DAYS

AUCKLAND



QUEENSTOWN



100% CARBON NEUTRAL TOURS

WORK & TRAVEL

NZ Intro 17 day is the same tour as NZ Adventure 17 day, plus our comprehensive NZ Jobs program including everything you need to live and work in New Zealand.



## WHERE YOU STAY

- 3 Nights Auckland - Hostel: Popular and modern hostel in a great location.
- 3 Nights Rotorua - Hostel: With indoor rock climbing wall, right near geothermal wonder Kuirau Park.
- 2 Nights Taupo - Hostel: Laid back vibes, creature comforts and lake views.
- 3 Nights Queenstown - Hostel: Great location and vibe.
- 1 Night Milford Sound - Hostel: Comfy, homely with beautiful surroundings.
- 2 Nights Wanaka - Hostel: Relaxed with amazing views of the and mountains.
- 2 Nights Lake Tekapo - Hostel: A fantastic hostel right on the lake.



ROTORUA



MILFORD SOUND

\*All rooms are multi-share dorm style

## HIGHLIGHTS

- Marvel at the world-famous Waitomo glowworm caves
- Explore the real Hobbiton film set and filming locations featured in the Lord of the Rings and Hobbit trilogies
- Experience New Zealand's incredible volcanic landscapes and thundering waterfalls
- Immerse yourself in Maori culture
- Sail into the sunset across Lake Taupo
- Jet boat through canyons and cruise around the remarkable Milford Sound
- Kayak in Lake Wanaka
- Explore Aoraki/Mount Cook National Park
- Everything you need to live and work in NZ and unlimited assistance securing a job



## ITINERARY

### DAY 1 - ARRIVE IN AUCKLAND

Kia ora! You'll jump in your included airport transfer to take you to our hostel to settle in and meet your group.

### DAY 2 - CITY ORIENTATION & WORK ESSENTIALS SET UP

Today we'll get oriented with the beautiful city of Auckland and help get your NZ bank account and SIM card. We'll then catch a ferry and travel to the beautiful Waiheke Island. Listen out for the Kiwi accent to see if it lives up to the 'World's Sexiest'.

### DAY 3 - GLOWWORMS & HOBBITON

First up today we're stopping at Waitomo, home of the world-famous glowworm caves. We'll jump on a boat to explore this labyrinth of underground rivers and glowworms. This afternoon we'll head to Hobbiton to explore the lush pastures of the Shire as featured in The Lord Of The Rings and The Hobbit trilogies before departing for Rotorua.

### DAY 4 - EXPLORE ROTORUA

Visit the naturally heated waters of Kerosene Creek as well one of New Zealand's most magnificent geothermal wonderlands – Te Puia, featuring dramatic geysers & bubbling mud.

### DAY 5 - MĀORI VILLAGE

This morning you'll have some free time to maybe try some zorbing or the skyline luge. In the evening we'll go to the Mitai Maori village for an authentic introduction to Maori culture. It doesn't get more authentic than this!

### DAY 6 - TAUPO & SUNSET SAIL

Today we travel to the lakefront town of Taupo. This evening we'll treat you to something special - a sunset sailing trip across the lake. Swoon over spectacular scenery as the sky changes colour above the volcanic landscape.

### DAY 7 - WATERFALLS & ADRENALINE

This morning we're off on a scenic walk to check out Huka Falls, a goose-bump inducing torrent of crystal water thundering down the Waikato River that you will hear before you see. After witnessing the raw power of Mother Nature, you'll then have some free time when you can do a skydive or the world's highest bungee jump!

### DAY 8 - CHILL OUT IN AUCKLAND

Today we'll head back to where it all started in Auckland! Spend the afternoon relaxing, checking out the sights, and getting ready for the trip down south tomorrow.

### DAY 9 - TRAVEL TO QUEENSTOWN

Today we'll catch a short flight to Queenstown to embark on our adventures in the South Island.

### DAY 10 - CITY & JET BOATING

Today we get oriented with beautiful Queenstown, getting our first splash of adrenaline with a jet boat ride. Tonight it's time to see what this backpacker hub is all about after dark!

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### DAY 16 - WORK & TRAVEL PLANS

After travelling back to Queenstown, our team will help make sure you've got everything sorted for living and working in NZ, and get you signed up to our NZ Jobs program. Tonight we'll get together for our farewell dinner.

### DAY 17 - CHECK OUT

Your 17 day adventure comes to an end today, but you'll be ready for the next leg alongside your new friends!

## INCLUSIONS

- ✓ Airport Transfer
- ✓ 16 Nights Accommodation
- ✓ All Transport & Internal Flight
- ✓ Help Before You Go
- ✓ NZ Sim Card
- ✓ Assistance with IRD Number
- ✓ Assistance with NZ Bank Account
- ✓ Awesome Group Leader
- ✓ City Orientations
- ✓ Ferry to Waiheke Island
- ✓ Waitomo Glowworm Caves Boat Tour
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## CHECK DATES & PRICES

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### DAY 4 - EXPLORE ROTORUA

Waking up to the whiff of sulphur, today you'll definitely know you're in Rotorua! Visit the naturally heated waters of Kerosene Creek as well one of New Zealand's most magnificent geothermal wonderlands – Te Puia, featuring dramatic geysers & bubbling mud.

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### DAY 16 - ONWARD TRAVEL PLANS

After travelling back to buzzing Queenstown, we'll help sort out your onward travel. Tonight we'll get the gang together one more time, dressing sharp for our farewell dinner and night out on the town. Sweet as, bro.

### DAY 17 - CHECK OUT

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## INCLUSIONS

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## CHECK DATES & PRICES

[CLICK HERE](#)



# ULTIMATE ASIA

63 DAYS

THAILAND + VIETNAM + CAMBODIA + PHILIPPINES + BALI

PACKAGES

100% CARBON NEUTRAL TOURS

BUNDLE & SAVE

An INTRO Travel package is any number of our amazing tours bundled together to save you money. Each tour is totally flexible and can be done in any order, on any date, or left open dated. Transport between each tour is booked and paid for separately.

## TRIPS INCLUDED IN THIS PACKAGE



EPIC ASIA  
38 DAYS



PHILIPPINES ISLAND EXPLORER  
13 DAYS



BALI INTRO  
12 DAYS

## EXPERIENCE ASIA'S HIGHLIGHTS

- Float around the idyllic Phi Phi islands on an exclusive boat trip
- Meet remote hill tribes and elephants in Chiang Mai
- Kayak through caves in Ha Long Bay
- Visit one of the 7 Ancient Wonders of the World, Angkor Wat
- Discover untouched islands and towering emerald cliffs on a 3 day boat expedition between Coron and El Nido
- Hit the waves with Balinese surfer dudes before kicking back with a sunset beer
- Hop on board a traditional outrigger boat and spot pods of wild dolphins
- Summit a volcano to catch an epic sunrise you'll never forget

## SOME OF OUR EPIC INCLUSIONS

- ✓ Personal Airport Pickup To The Accom 24/7
  - ✓ 62 Nights Accommodation
  - ✓ Some Meals
  - ✓ All Transport & Internal Flights
  - ✓ Awesome Group Leaders
  - ✓ Help with Onward Travel
  - ✓ Cooking Classes
  - ✓ Local Village Visits & Locally Guided Cultural Tours
  - ✓ Khao Sok National Park
  - ✓ Phi Phi Islands Experience & Viewpoint
  - ✓ Overnight Hill Tribe Trek
  - ✓ Elephant Sanctuary
  - ✓ Walking & Rickshaw Tour of Hanoi
  - ✓ Overnight Boat Trip on Ha Long Bay
  - ✓ Bicycle Tour Ninh Binh & Dragon Mountain Viewpoint
  - ✓ Cu Chi Tunnels Tour
  - ✓ Traditional Mud Fishing
  - ✓ Koh Rong Sanloem Island Boat Trip & Snorkelling
  - ✓ Angkor Wat Sunrise Temple Tour
  - ✓ Sardine Run & Kawasan Falls Canyoneering
  - ✓ 3 Day Boat Expedition & Jeepney Tour of El Nido
  - ✓ Learn to Surf & Basket Weave
  - ✓ Dolphin Boat Trip
  - ✓ Boat Trip around all 3 Gili Islands
  - ✓ Sunrise Volcano Trek & Monkey Forest
  - ✓ AND MUCH MORE!
- See each tour for full list of inclusions



# ULTIMATE ASIA

75 DAYS

SRI LANKA + THAILAND + VIETNAM + CAMBODIA + PHILIPPINES + BALI

PACKAGES

100% CARBON NEUTRAL TOURS

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## TRIPS INCLUDED IN THIS PACKAGE



SRI LANKA EXPERIENCE  
12 DAYS



EPIC ASIA  
38 DAYS



PHILIPPINES ISLAND EXPLORER  
13 DAYS



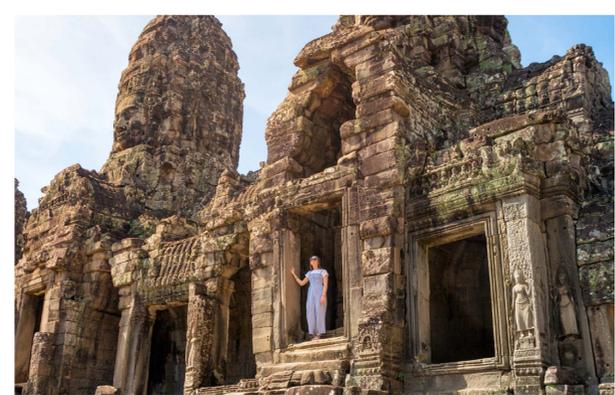
BALI INTRO  
12 DAYS

## EXPERIENCE ASIA'S HIGHLIGHTS

- Scramble up Little Adam's Peak and snap the insta-famous Nine Arches bridge
- Spot water buffalo, crocodiles and herds of elephants on a sunrise safari
- Float around the idyllic Phi Phi islands on an exclusive boat trip
- Visit remote hill tribes and elephants in Chiang Mai
- Kayak through caves in Ha Long Bay
- Marvel at one of the 7 Ancient Wonders of the World, Angkor Wat
- Discover untouched islands and towering emerald cliffs on a 3 day boat expedition
- Learn to surf in Bali before kicking back with a sunset beer
- Hop on board a traditional outrigger to spot pods of wild dolphins
- Summit a volcano with a local guide to catch a sunrise you'll never forget

## SOME OF OUR EPIC INCLUSIONS

- ✓ Personal Airport Pickup To The Accom 24/7
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  - ✓ Some Meals
  - ✓ Internal Transport
  - ✓ Awesome Group Leaders
  - ✓ Help with Onward Travel
  - ✓ Cooking Classes
  - ✓ Local Village Visits & Locally Guided Cultural Tours
  - ✓ Sigiriya Rock Viewpoint & Tea Plantations
  - ✓ Little Adam's Peak & Nine Arches Bridge
  - ✓ Wildlife Safari & Buddhist Monastery Visit
  - ✓ Khao Sok National Park & Phi Phi Islands
  - ✓ Overnight Hill Tribe Trek
  - ✓ Elephant Sanctuary Visit
  - ✓ Walking & Rickshaw Tour of Hanoi
  - ✓ Overnight Boat Trip on Ha Long Bay
  - ✓ Bicycle Tour Ninh Binh & Dragon Mountain Viewpoint
  - ✓ Cu Chi Tunnels Tour & Traditional Mud Fishing
  - ✓ Koh Rong Sanloem Island Boat Trip & Snorkelling
  - ✓ Angkor Wat Sunrise Temple Tour
  - ✓ Sardine Run & Kawasan Falls Canyoneering
  - ✓ 3 Day Boat Expedition & Jeepney Tour of El Nido
  - ✓ Learn to Surf & Basket Weave
  - ✓ Dolphin & Gili Islands Boat Trip
  - ✓ Sunrise Volcano Trek & Monkey Forest
  - ✓ AND MUCH MORE!
- See each tour for full list of inclusions



## BUNDLE & SAVE

SAVE £200/\$450 WITH THIS PACKAGE



FREE & FLEXIBLE BOOKINGS  
Change your tour or date for free up to 30 days before travel.



NOT SURE WHEN TO TRAVEL?  
Book open dated to lock in the price and travel when you're ready.



EASY PAYMENTS  
Secure your space with a low deposit. Pay off your trip in easy instalments.

CHECK DATES & PRICES

CLICK HERE

## BUNDLE & SAVE

SAVE £300/\$550 WITH THIS PACKAGE



FREE & FLEXIBLE BOOKINGS  
Change your tour or date for free up to 30 days before travel.



NOT SURE WHEN TO TRAVEL?  
Book open dated to lock in the price and travel when you're ready.



EASY PAYMENTS  
Secure your space with a low deposit. Pay off your trip in easy instalments.

CHECK DATES & PRICES

CLICK HERE



YOUR DAILY SOURCE  
FOR TRAVEL INSPO



YOU'LL GET SERIOUS  
FOMO WITH THESE VIDS



JOIN OUR COMMUNITY  
GROUP TO CHAT TO  
TRAVELLERS



CHECK OUT  
OUR EPIC VIDS



READ OUR BLOG FOR  
TRAVEL TIPS & ADVICE

## GET IN TOUCH!

hello@introtravel.com

DOWNLOAD THE INTRO TRAVEL APP  
BEFORE YOU GO!

Please visit our website for our Terms & Conditions. Valid for travel in 2024.  
Please recycle this brochure or give it to a friend. (c) Intro Travel Pty Ltd.

