

Big Heart Bike Ride Northern Thailand 2023 Optional Bangkok Extension

We're incredibly excited to offer you the chance to extend your stay in Thailand, with a 2-night stay in the vibrant city of Bangkok.

If you choose to take part in the optional 3-day/2-night extension, you won't fly home with the group on day 9, but there will be a later flight back to the UK on day 11.

Please let us know if you'd like to take part by **Friday 07th July 2023**. The best way to get in touch is by emailing us at customercare@dream-challenges.com or calling us during office hours (Monday - Friday 9am – 5pm) on **01590 646410**.

***Please note**, our Dream Challenges staff and doctors will return to the UK with the group on day 9, so we won't be on hand throughout the extension. However, you will be well looked after by our trusted partner in Thailand.

Price: £279 per person, based on twin share rooms (single supplement available upon request)

**Subject to availability for the hotel and flights. A minimum of 4 participants are required for extension to operate.*

A non-refundable deposit of **£50 per person** is required upon booking to secure your place on the extension package. The remaining balance will be payable 12 weeks prior to travel. The package is subject to our normal [booking conditions](#).



Itinerary:

Day 9 / Saturday 04th November 2023 | Chiang Rai – Bangkok

After enjoying breakfast at our hotel in Chiang Rai we'll transfer to the airport and catch a domestic flight to Bangkok (approx. 1.5hrs). Upon arrival you'll bid farewell to your fellow challengers and transfer to your hotel in Bangkok for a 2-night stay in Thailand's capital city.

The city is known for its vibrant street life, ornate shrines and cultural landmarks. The boat filled Chao Phraya River feeds its network of canals and the opulent Grand Palace and Buddhist temples, including Wat Arun and Wat Pho, stand in contrast with other tourist attractions, such as the lively nightlife scenes of Khaosan Road and Patpong.

You'll spend the next couple of days at your leisure to explore the city. Why not add on one of our optional excursions, to gain a further insight into this historical metropolis?

Day 10 / Sunday 05th November 2023 | Bangkok

Free day at leisure or join our optional full day tour of Bangkok.

OPTIONAL EXCURSION: Bangkok City Exploration Full Day (08:00-17:00)

£89 per person

Look beyond the crowded streets of the metropolis and discover a more local side of Bangkok. Take advantage of the city's network of public transportation on a full day excursion of the capital, seeing the main sites but also getting a closer look at the traditions and lifestyles of the Thai people.

The day's adventure begins with a ride on the city's Skytrain. This elevated train line is busy in the morning with business people and school kids who avoid the traffic of the streets for a faster, air-conditioned commute. Disembark near the Chao Phraya River and board a public boat, another popular commuter option. Enjoy the views of the city's skyline as it passes by and see houses precariously balanced on stilts along the river's edge. The boat stops near the iconic Wat Pho and Grand Palace, Spend the remainder of the morning exploring these two remarkable sites, learning about the country's regal history and of the deep-rooted spiritual traditions of its people.

Lunch is included at a local restaurant. After lunch hop aboard a tuk tuk, Thailand's famous three-wheeled vehicles used by locals throughout the country. Zip through quieter city street to Soi Ban Batra. Visit a family-run workshop that produces monk' alms bowls. Witness the artisans at work and learn about the daily lives of the Buddhist monks, who wake early to collect alms offerings from the city's residents.

The last leg of today's Bangkok full day tour is on a 'bus boat' through the city's canals. Rarely used by tourists, this ride provides an up-close look at the ways of life of the local people who live alongside the canals. Then it's a short walk to the Jim Thompson House. Take an insightful tour of the compound's tranquil gardens and traditional buildings, which showcases the history of the famous and mysterious American silk merchant.

Afterwards stroll to the nearby modern shopping malls for some retail therapy, before returning to the hotel by Skytrain.

Day 11 & 12 / Monday 06th & Tuesday 07th November 2023 | Bangkok-UK

Enjoy breakfast at the hotel and a free day at leisure or join our optional tour to the Damnoen Saduak Floating Market. In the late afternoon transfer to the airport for your overnight flight back home, arriving in the UK the following day (07th November 2023).

OPTIONAL EXCURSION: Damnoen Saduak Floating Market Half Day (07:00-12:00)

£59 per person

Travel away from Bangkok's city centre for a visit to local markets and countryside neighbourhoods. Take a one-hour drive, leaving the high-rises behind and entering a land of lush landscapes and traditional wooden houses.

Stop at a local railway station where a bustling country market has sprouted up along the tracks. As a train pulls into the station, witness the vendors quickly clearing their stalls off the railway. Then, after the train departs, watch them set up shop and resume business as usual.

From here, continue to the famous Damnoen Saduak Floating Market. Although these days the stalls are mostly selling items for tourists, the Damnoen Saduak remains the best example of a traditional floating market. Take a stroll around and admire the floating shops, many of which are selling fresh fruits and typical Thai snacks.

Leave the main market area and take a relaxing paddle boat ride. Pass by an old section of the floating market and enter a labyrinth of quiet canals. See houses built alongside the waterways and catch glimpses of local life in this rural Thai province.

Following this insightful exploration of the countryside, return to Bangkok.



Price includes:

- Accommodation in Bangkok for 2 nights on a twin share basis (single supplement available upon request)
- Breakfast daily
- Return airport transfers
- Domestic flight from Chiang Rai to Bangkok on day 9
- Your international flight extension back to the UK on day 11-12
- All applicable hotel taxes

Price excludes:

- Optional excursions with English speaking local guides (available to add on for an additional charge)
- All lunches and dinners
- Personal expenses e.g., laundry, telephone, beverages etc.
- Tips and other expenses of a personal nature