

Thailand Trip 2026 Beaches and Temples

Thailand Trip – Winter 2026

From January 3rd to the 12th, 2026, This program will be offering an amazing opportunity to experience several exotic destinations in southern Thailand. The flight touches down in Bangkok, known for its spicy food, ancient Buddhist temples, and revitalizing Thai messages. Immediately, this Cultural Experience is sure to challenges one's senses and beliefs. The first adventure reaches the Krabi Providence on the western coast of Thailand. Such movies as "The Beach" and James Bond's "Dr. No" were filmed amongst limestone columns, jetting out of turquoise waters. There are many remote beaches, sunsets and national parks to be discovered. The itinerary presents multiple opportunities to learn about the spiritual traditions and practices of the Buddhist People. Each participant can embrace these spiritual teachings to the level at which they are comfortable; respect and open mindedness will always guide the learning process. Here is a list of scheduled adventures included in Thailand Trip.

- Explore significant Temples and Buddhist sites including:
Wat (Temple) Pho, Royal Palace, Wat Arun, and Tiger Temple.
- Sightsee in Bangkok, the capital of "Siam". Changed name to Thailand in 1939.
- Travel by domestic flight to the Southern Province of Krabi. A local fishing town.
- Stroll some of the most scenic and beautiful beaches on earth.
- Shop and eat at local fresh markets. Take-in a Thai Traditional massage.
- Explore the lush jungle flora with hidden lagoons and waterfalls.
- Ride an elephant to preserve the existence and habitat of these gentle creatures.
- Learn the fundamental beliefs of Buddhism and monastic life.
- Take a local boat to Phi Phi Island and the surrounding uninhabited isles.
- Travel international with a group of spiritually orientated, sober people.

Traveling Costs for Beaches and Temples

This all-inclusive program lasts 10 days and costs \$2,650, which includes flights from Seattle, WA. and most major cities, all listed excursions and activities on the itinerary, all lodging, daily breakfast, all ground transportation, domestic flights in Thailand, temple entrance fees, cultural and spiritual lectures, day-tours, boats and ferries, and licensed tour guides. Flights departing from alternative cities in the USA may vary the price.

Traveling Abroad

It is a timely and tedious excursion traveling from the USA to Thailand but once you arrive, it will all be worth it. Each participant will need a passport, but not a Visa. The law does not require vaccinations, but those decisions are better to be consulted with your family's physician. Most people living in the United States have already been immunized against various diseases found in Thailand. Booster shots against tetanus, measles, hepatitis A, typhoid fever, and polio

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are common recommendations. “Traveler’s Flu” and diarrhea are common occurrences with any foreign travel. Antibiotics can greatly improve a possibly miserable situation (like a bus ride). We strongly recommend having your physician prescribe an antibiotic to help. The prescriptions need to be filled-in the United States prior to departure.

Lodging

The group will be staying in hotels during the trip. Throughout the program, many hotels will also provide group meals and serve as a place to host group activities, and cultural lectures. Throughout the entire visit, there are restaurants, Wi-Fi hotspots, hospitals, 24- hour pharmacies, bus transportation, and phones. Krabi-Town is known to be safe for foreign travelers while still possessing a local feel. All lodging is based on double and triple occupancy rooms. **Single hotel occupancy requests will require an additional \$250 fee.**

Health Issues and Covid Concerns

The tourism industry has certainly changed since the pandemic. Peru Alive has made some adjustments to best accommodate unknown future factors of living in a post-pandemic era. If any member is to encounter a health ailment in which they cannot continue or contract Covid, they will be personally escorted to a comfortable hotel, close to adequate medical facilities, to quarantine and recover. A staff member will be assigned to help you through the healing. However, the traveler will assume all additional costs needed to stay safe. Reported on July 24, 2023, Thailand remains on a Level I Travel Advisory: Exercise Normal Precautions. You can follow more safety information and alerts for Thailand at www.travel.state.gov.

Add-On Trip to Northern Provence

From January 12th to 16th, this portion of the trip turns to the North. There are two popular towns in the Northern Provence, named Chiang Mai and Mueang Chiang Rai. Each have their own unique features and vibe. First, the group will fly from Bangkok to Chiang Mai, in a mountainous region. Founded in 1296, it was the capital of the independent Lanna Kingdom until 1558. Its Old City area still retains vestiges of walls and moats from its history as a cultural and religious center. It’s also home to hundreds of elaborate Buddhist temples. About 115 miles north by van is Mueang Chiang Rai, in a region formally referred to as “the golden triangle”. This city sits at the very northern tip of Thailand, along the Laos and Myanmar (Burma) borders. It is famous for its Blue Temple and White Temple, which is actually a sophisticated art project that uses an elaborate temple format for its creative displays. The countryside is stunning, the cuisine is famous throughout the country, and the climate is cooler in the hills. Finally, the group will fly back to Bangkok to transfer over to their international flight back to the USA. This all-inclusive trip costs \$1,000, not including lunch and dinners.

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Traveling in Southeast Asia

There are walking tours, boat and ferry rides, bus/van transports, and domestic flights that cover ground across Thailand. Casual walking tours will require a moderate level of walking (3-4 hours) with multiple steps and stairs. There will be no trekking or camping involved on the Thailand Tour. There will always be times to rest, hydrate, and eat during the tours. If anyone is feeling sick or fatigued, Peru Alive will plan to safely assist each participant through the itinerary or escort them back to their lodging. Thailand is located between vast areas of sea water, so it is impacted by both the summer and the winter monsoons. As a result, Thailand weather consists of six months of rainfalls during the wet season, three months of dry and cooling breezes during the winter November to February, and three months of heat during the summer. The average temperature of Thailand ranges from 64 to 100°F. Humidity is always high. There are certain disabilities and medical conditions that would make Thailand an unsafe travel destination. Please complete the application packet accurately and discuss any physical or mental concerns directly with Mick Stemborski. Peru Alive reserves the right to refuse services to any applicant who presents medical or mental issues that would deem this program unsafe or inappropriate to the individual or group as a whole.

Trip Payment

Contact Peru Alive for an application packet. Return the completed packet with a payment in full of \$2,650 per person. At this point, Peru Alive will purchase your flights and transportation needs for the trip. An initial sum of \$1,400 is immediately used for transportation costs and is non-refundable. However, we purchase a flight by your name with your own confirmation number. The airline ticket is yours to manage for seating, upgrades, meals, etc. You will be subject to the specific airline's refund policy, change fees, and ticket credit, should you cancel. The remaining balance of your full payment will be \$1,250 and is 100% refundable before September 30th; 50% refundable before November 16th; 0% refundable after November 16th, 2025. Please make payments to Peru Alive by direct bank deposit or PayPal (3day+ to avoid fees). All payment information will be sent directly to your e-mail when we receive and approve your application packet. The only guarantee for full or partial reimbursement, due to trip cancellation, is purchasing your own traveler's insurance policy. This is not required but certainly suggested. If you are choosing to include the Northern Providence Add-On Trip, your total payment will be \$3,650.

Non-Alcohol Policy

Due to the spiritual nature of the program, cultural sensitivity, risks of sickness, and spiritual focus, alcohol and other substance-use is discouraged. This has caused multiple problems in the past and never seems to enhance the experience our travelers are seeking.

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Travel Insurance

Travel Insurance policies vary depending on the price of the trip, and the tier-level of coverage you want, from basic, to premier. Any policy you review will offer some form of emergency medical reimbursement, emergency evacuation reimbursement, lost luggage reimbursement, trip interruption stipends, and trip refunds for various pre-approved reasons depending on the tier. Only the highest tier and most expensive policies will offer a 100% cancellation refund for any reason.

Every travel insurance website will ask the same basic questions; destination(s), travel dates, and age. These answers are set according to our itinerary. Next, they will ask how much your trip costs. This is the amount they will use to determine what percentage of trip refund you can collect, should you cancel the trip (for the pre-approved reasons). You do not have to list the actual price of the trip. You can start as low as \$50 trip cost, which allows you to receive medical coverage and other benefits for the lowest cost without any type of refund for cancellation. If you are seeking trip reimbursement for cancellation, you need to list the actual amount of \$2,650 to assure the higher refund amounts and reimbursement rates. Once you have entered this information, you will get multiple quotes for various tiers of coverage.

Any emergency medical cost you accrue abroad needs to be paid out-of-pocket before you leave the medical provider's facility. This is why a credit card is essential for travel emergencies. When you return home, you submit a claim for your medical and emergency bills to the travel insurance claims department. Reading the fine print of any insurance policy will inform the holder of what services are covered. Peru Alive can not assist with this process and make no guarantee of refund. Peru Alive cannot assist with claims and have influence in refund amounts.

Additional Costs Not Included

Additional costs NOT included in the program are bottled water, personal gear expenses, gifts and souvenirs, personal snacks, any medical or emergency needs, Covid or any Medical Action Plan expenses, traveler's insurance, tips for local guides and staff, hotel upgrades, single lodging occupancy, airline meals and layovers, transportation to and from international flight, extra massages other than first complimentary, all lunches and dinners throughout the trip. Food is very affordable in Thailand and these meals allow participants to get some free-time and explore on their own.

How to Apply

Step 1: Once you receive the application packet, please complete and sign with all the information requested. We can email an application, or you can find it at www.peru-alive.com. Enrollment is now open and there are limited seats. All information provided is kept in privacy and is relevant to your safety and well-being while traveling abroad. You can submit your

Contact www.peru-alive.com, mickstem@hotmail.com,
+1 (406) 892-8830, WhatsApp, Text or Call

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application by email to mickstem@hotmail.com or by text if you don't have access to a computer. When your application is reviewed and approved, Peru Alive will send you a invoice and payment information for a direct bank transfer (free) or by PayPal (3+ day transfer), in the amount of \$2,650 per person (add \$250 for single occupancy = \$2,900). Or \$3,650 for both Beaches and Northern trips. Payment in full is required to hold your reservation.

Step 2: Flight information, updates, travel tips, gear list, and useful information will be distributed by e-mail to help prepare for the adventure. Group participants will be invited to an informal meet-and-greet sometime in August (TBA). This meeting is highly encouraged but NOT mandatory.

Trip Facilitator and Lead Guide

Mick Stemborski discovered the wonders of Thailand on a personal trip in 2000. Mick operates Peru Alive, a Cultural Immersion Traveling Program and Study Abroad Program for higher education. He holds a master's degree in professional counseling and is a Licensed Clinical Professional Counselor. His under-graduate Degree is in Business Recreation and Leisure. Mick has been developing unique programs that introduces various groups and students to the cultural wonders of the world. He has the honor of working with many amazing people around the world and cherishes these friendships.

Money Abroad

Probably the most common question when traveling to developing countries. Here is a basic suggestion. Bring 3 forms of money. Start with a Visa or Mastercard. This can be used for bigger purchases or emergencies. Second, bring an ATM card. This will provide the best exchange rates and can be replaced if lost. Lastly, bring a few hundred US dollars in cash and keep for back-up when there are no ATMs or power outages. You can put this away for unexpected situations. Please: keep your passport and major means of currency on your person.

Final Thoughts

The program requires extensive traveling by plane, train, and van. The lighter the pack, the easier the traveling can be. Please, do not exceed the gear list recommendations unless you have special needs. If you require additional supplies or clothing, local merchants sell all goods at extremely low prices compared to the United States. A mild to moderate degree of physical activity is required to participate in the itinerary. Please, remember life is different outside the United States. The level of services, degree of modern infrastructure, time management and local cuisine may not be what Americans are accustomed to. This is all part of the "international experience." All program meals, transports and sleeping accommodations will be safe, adequate, and reflect the cost of the program. Thank You.

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<u>DATE</u>	<u>ACTIVITY</u>
Jan 3, Fri	Destination to Bangkok Night Flight, Loose a Day
Jan 4, Sat	Bangkok – Rest and City Tour Orientation and Massage
Jan 5, Sun	Bangkok Temples – Wat Arun, Wat Pho, Royal Palace Walking and River Boat Taxi
Jan 6, Mon	Bangkok to Krabi Check-in Hotel, Ao Nang Beach - Sunset
Jan 7, Tue	Krabi – Railey Beach Boat Tour to Railey Beach
Jan 8, Wed	Krabi – Tiger Temple and Pools Elephants, Swimming, Hiking
Jan 9, Thurs	Krabi to Phi Phi Ferry to Island, Check-in Hotel
Jan 10, Fri	Phi Phi – Day Off Optional Diving/Snorkeling or Private Boat Tours
Jan 11, Sat	Phi Phi to Bangkok or Phi Phi to Chiang Mai Travel day
Jan 12, Sun	Bangkok to USA Airport Meal Not Included
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Jan 11, Sun	Northern Thailand Add-On Trip Chang Mai / Rai Additional 6 days
Jan 12, Mon	Chiang Mai - City Old City Tour
Jan 13, Tue	Chang Mai – Mountain Temple Wat Doi Suthep and National Park
Jan 14, Wed	Chang Rai - City Tour Bus through Countryside
Jan 15, Thurs	Chang Rai – Temple Tour Blue and White Temples
Jan 16, Fri	Chiang Rai to Bangkok – Layover in Bangkok International Flight TBD
Jan 17, Sat	Bangkok to USA – Travel Day