



*Dedicated to preserving the art of Muay Thai.*

*Places available at our Cambridgeshire Academies, contact us now for a free first session.*

[www.cambridgecombat.co.uk](http://www.cambridgecombat.co.uk)



## Welcome to the Singto Thailand Tours

If you have ever dreamed of going to Thailand to train, to party, or to explore, but was unsure where to start. Then this is the place, let Singto Thailand Tours help you experience Thailand at it's best!

Relax, let us take away the stress and strain, by arranging all of your transportation, accommodation, day trips, training, entrance to clubs, temples and much, much more.

Having already run successful tours for the past seven years, we guarantee a unique and exciting holiday of a lifetime, with every day jam packed with something new and amazing.

### So why not join us?

You can rely on our travel experiences over the past decade, our two year residency in Thailand, our insider knowledge and expertise to show you around the most exotic and beautiful country, that is

### **'The Land of Smiles' ~ THAILAND!**

Current tour departs on the  
22<sup>nd</sup> July - 7<sup>th</sup> August '11

[www.thailandtours.co.uk](http://www.thailandtours.co.uk)





## Walking with Lions Tour - July 2011



### Current tour overview:

We will be spending two weeks travelling around Thailand's most frequented tourist destinations. Such as Bangkok the heart of Thailand, Chaing Mai the calm of Siam and party Pattaya for it's fun and vibrant night life.

It is here where you will get to experience your first taste of Thai culture and life, as we travel around the local temples, shops, clubs and of course the beaches.

The week days will be spent intensely training at the world famous Jitty Gym in central Bangkok, Lanna Muay Thai in the mountains of Chaing Mai and the Fairtex Sports complex on the beach in Pattaya.

You will be closely watched and tutored by the many trainers at this top class Muay Thai camp, you are sure to come home alot more skilled than when you left.

The weekends we will be visiting some of the Thailand's main tourist attractions such as: Grand Palace in Bangkok, Doi Suthep in Chaing Mai and "Belive it or not" - Ripleys in Pattaya.

Although training is the main aspects of this tour, there will be plenty of free time, to go and explore the wonders of this beautiful country. Whether you wish to visit temples, stadiums, clubs or just relax next to the beach, this tour will provide everything you would want from a dream holiday.



## Thailand Tour 2011 - Booking Form



### YES PLEASE, I WISH TO BOOK MY PLACE ON THIS YEARS THAILAND TOUR\*

NAME IN PASSPORT:.....

ADDRESS:.....

POSTCODE:.....NATIONALITY:.....

DATE OF BIRTH:..... TEL:.....

EMAIL:.....



Single Room required  *(Please remember the cost of the holiday will increase by £250.00 if this box is ticked)*

I enclose a cheque for my non-refundable deposit of £250.00. I agree to pay the outstanding balance of £1000.00 not later than 1<sup>st</sup> July 2011. I understand that the cost of the tour may be subject to an increase until the balance is paid in full after which time the price shall remain fixed.

I further agree that I will be wholly responsible for any cancellation charges up to the full cost of the holiday. I confirm that I will take out the relevant travel insurance to cover me during my trip to Thailand.

Signed\*..... Date.....

*\*IMPORTANT: Persons under 18 must be accompanied by a parent or legal guardian and this form should be counter-signed by the parent/legal guardian.*

Please return this form before **1<sup>st</sup> June 2011**, with your deposit to: Cambridge Combat Centre, Harvest Way, Cambridge CB1 2RA

Bank transfers made to: Phoenix Fitness, A/c 63274985, S/c 20-17-35. Please allow upto five working days for the transfer to clear.

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### What injections do I need?

Go to your GP and they will arrange all necessary injections that you will need.

### Where do I get travel insurance?

We recommend Direct Line or the Post office, both offer a very good policy.

### Do I need a visa for Thailand?

All British citizens receive their visas during the flight to Thailand. It is free. All other nationalities will have to get in contact with the Thai embassy themselves. Please ensure you have a valid passport for the duration of your stay in Thailand.

### How much spending money will I need?

You can easily budget yourself to £100 a week. However if you decide to do extra shopping or do any additional activities, you will need a budget of around £200-£250 a week.

### How do I join the tour?

Firstly you will need to inform us that you wish to join the tour by making an 'Initial Deposit' of £250 (*non-refundable*\*). You will then receive confirmation of payment, placement on the tour and a date for when the next deposit (*'Final Deposit'*\*\*) will need to be paid by.

\*'Initial Deposit' is part of the overall cost of the tour, not a separate fee. If the number of people traveling is less than six, and the tour is cancelled, you will receive this back. \*\*'Final Deposit' - is to cover the cost of the flights, hotels, transportation and activities.

### What if I do not want to share a room?

Then you will need to pay an accommodation supplement of £250, and we will then arrange a room for you only.

### How much does the tour cost?

The collective price including all deposits is £1250.

### Do you have any last minute advice?

Travel light, be open to change, and enjoy everything!

### Additional Information

- ❖ Over 18's only - unless accompanied by an adult.
- ❖ Your actions and repercussion of your actions are your own.
- ❖ Price and activities may be subject to change without notice.
- ❖ The Thailand Tour guides are here to advise and guide you only.
- ❖ If you decide not to do any of the activities included, the price is unchanged.
- ❖ It is your responsibility to meet the return flight back to the United Kingdom.
- ❖ A Thailand Tour guide will be contactable 24 hours a day, once landed in Bangkok.
- ❖ Anyone found in possession of drugs or taking drugs will be removed from the tour.
- ❖ You will be supplied with the Thailand Tour essential travel kit package, which includes: *Chewing Gum, Tour T-shirts, Daily Planner, Schedule, Diary which includes essential contact, flight and hotel information.*

**If you have any further questions, please contact us asap.**



## Training



### World Class Training

Whether you are a champion or a beginner, each one of the camps you'll be visiting, will be able to take care of your personal needs.

Professional in their approach, these camps have already opened their arms and made many foreign boxers' feel at home whilst training with them.

### Jitty Gym Bangkok

The highest standard of training and tuition can be expected at this world famous Muay Thai gym. The trainers here will push you to your limits every session, ensuring that you keep correct form and that you develop to your best. Under the ever watchful eye of Kru Jitty, you will be passed from one trainer to the next, to ensure that you are treated to the best training found any where in the world.



### Lanna Muay Thai Chiang Mai

Home your skills with some of the best trainers and fighters in Northern Thailand. One thing is for sure, Kru Nok and Kru Doi will be putting you through your paces.

### Fairtex Pattaya

Its time to be inspired by the worlds leading brand in Muay Thai today. Here we will be sleeping, eating, training and living within the Fairtex Muay Thai sports complex. Trainers like Yodsanklai, Apidej Sit-Hirun and Nong Toom will grace the gym every day to ensure you are training hard.

*The home of real Muay Thai, experience the truth, live the art for yourself!*





## Beach Life



### Sea, Sun, Sand and Seniorita's

No trip to Thailand would be complete with out some time spent on one of its many prestine beautiful beaches.

During the last week before traveling home, we will be stopping at one of Thailand's most fun and leisure destinations.

### Pattaya

Welcome to Thailand's party town!! There is no where quite like Pattaya anywhere else in Thailand.



This town sure knows how to have a good time, jam packed with bars, clubs, and party people.

A one-mile stretch of beach life can be found in this town with all the usual beach activities cram packed onto it.

If you enjoy banana boat, horseback, jet ski, powerboat, wind surfacing and paragliding rides, then this is most definitely the place to be.

*Pattaya, where any thing can, and probably will happen!*



## Frequently Asked Question's

### How safe is Thailand?

There are problems everywhere in the world, and Thailand, we are happy to say, is safer than most towns and city's in the UK.

Safety is of paramount importance on these tours, and dealing with emergency's (*if one should arise*) is one of the key advantages of travelling on these tours. As the emergency will be dealt with in the quickest and safest possible way, by your own experienced personal guide.

### Why should I go to Thailand with you?

Singto Thailand Tours have been taking like minded travelers to the far east for nearly half a decade. The main tour guide 'Singto', has been travelling to and from Thailand for over ten years and is married to a Thai national. He and all the guides, are well versed on all Thai traditions, culture and day to day life.

### Okay, but what if I want to do my own thing?

There is an outline of activities for the tour, which is just simply a guide to what is being offered. You can either choose to do the activities or choose to do your own thing.

### Can I bring my girlfriend with me?

Yes! These tours cater for everyone. There is always a female Thai translator accompanying the group, so if the ladies want to go off on their own, then they can as there will be a female guide on hand to help.

### What clothes do I need to take?

Due to the heat and humidity it is best to pack light clothes, such as shorts and t-shirts. Jeans are advisable for visiting temples and going out at night.

### Do I need a back pack or suitcase?

We would prefer if you used a large sports holdall with a lockable main compartment as these types of bags are easier to stuff into taxis, mini-buses and trains.

### ATM's or Travellers cheques?

There are ATM's everywhere in Thailand, but the foreign exchanges you need to change your travellers cheques are not so abundant.

### What is this optional thing on the itinerary?

Some activities can add greatly to the overall cost of your holiday, by making some optional, it brings the cost of the holiday down.



## Chiang Mai



### Charming Chiang Mai

The Northern capital of Thailand has so much to offer travellers like us, that you will find it hard not to fall in love with this tranquil city. With the beautiful morning views, breathtaking temples and the marvellous hill tribes people walking around, you will find it hard to imagine anywhere else quite as unique as this in the world.

### Boating Barbeque

We will be having a lazy Sunday afternoon BBQ at one of the largest boating lakes in northern Thailand. The lake sits at the base of the mountainous range that surround Chiang Mai, and is frequented by the locals who come to enjoy the fishing, swimming, boating, drinking, eating and general feel good atmosphere that this place has.



### Doi Suthep

The place where millions make pilgrimage during the Chinese new year, fortunately you won't have to walk up this 10km steep mountain, whilst pulling a one ton base drum to get to the beautiful temple and view at the top. Here you will be given the opportunity to make and be given a blessing, at one of the most amazing temples in the world. There are plenty of photo opportunities here, as around every corner there is something magnificent and awe-inspiring.

### Doi Pui national park

Then it's a further three kilometres up the hill to Doi Pui's observation point, where you can look out over a breathtaking forest covered mountain range. Then its down into the village to meet and greet the local Karon tribes people, where you will also be able to take a look at their freak show of a museum, and try your hand at picking herbs.



## Adventure



### Amazing Adventures

There are so many different ways to forfill your holiday in Thailand. Here are just a few things you could take part in:

- ❖ Golf
- ❖ Paragliding
- ❖ Trekking
- ❖ Waterskiing
- ❖ Go carting
- ❖ Horse riding
- ❖ Bull fighting
- ❖ Sea kayaking
- ❖ Scuba diving
- ❖ Bamboo rafting
- ❖ Elephant riding
- ❖ Bungee jumping
- ❖ Cooking classes
- ❖ Deep sea fishing
- ❖ Traditional massage
- ❖ Adventure parks
- ❖ Live ammunition range
- ❖ Muay Thai training
- ❖ Walk under an elephant
- ❖ Thai language course



And remember no matter what else you think you may want to do, to keep your holiday jam packed with adventure, just ask your guide, we know that they can help make your trip everything you ever wanted it to be.



## Stadiums

### Star Studied Stadiums

Thailand is the Mecca of Muay Thai, and so it should be no surprise to you when your watching the nightly boxing matches, that you are more than likely watching the best in the world. Every fight will be so exciting, that we guarantee you will want to watch more.

### Lumpinee Stadium

You will be visiting this premium stadium, where you will be sitting ringside watching the true champions of the world battle it out over five rounds. You will be able to go back stage and meet the champions as they get ready to enter the ring, have some pictures taken, and wish them the best of luck. *(optional)*

### Rajadamnern Stadium

It will be a short stop here, as you get the opportunity to buy all the Thai Boxing equipment you want. Then take a look around at the Radjadamnum wall of fame off current champions. Watch as we get to see up and coming fighters put it all on the line, to claim their place in the capital city of Bangkok. *(optional)*

### Kawilla Stadium

The one and only stadium in North that holds quality championship bouts, to match those found in Bangkok. This stadium is the most popular stadium for western Thai Boxers looking to test there skills in Thailand. *(optional)*

*Take in the betting, the atmosphere, the excitement and the heat!*



## Bangkok

### Banging in Bangkok

Known to the Thai's as Krung Thiep, you will get to experience the day to day hustle and bustle of this explosive metropolis. As we travel around Bangkok from one venue to another, you will get to travel on bus's, boats, monorails, motorbikes, taxis and Tuk-Tuk's. The shops, temples, people and culture are all waiting to be discovered by you.

### Khao San Road – Backpackers haven.

You will be visiting Khao San road several times, once to experience the daytime hustle and bustle for foreigners money as the Thais do what they do best, business! The second time is to see the flip side of Khao San road, the nightlife. Completely unique in Thailand, Khao San road explodes into an envious party street as soon as the sun goes down.

### Chat-U-Chak (JJ) market.

Claimed to be the biggest outdoor weekend market in the world, you will get the opportunity to buy all your souvenirs and presents here. In the hustle, bustle, heat and humidity, this market will leave you with an empty wallet and very sore feet by the end of the day. We guarantee you will fall in love with this place, its a mini Thai culture show.

### The Baiyoke Sky Hotel Restaurant.

Asia's tallest hotel's top floor is dedicated to the foods of the world. With its 360 degree restaurant giving you a birds eye view of Bangkok, this is not a meal to be missed. *(optional)*





## Clubs



### Bars, Bras, Clubs and Cuties

Although on the first night in Bangkok we will be helping you to settle in and explore the surrounding area.

The emphasis of this tour is that -

*'The bars, clubs, girls and naught nightlife are there. But if you are out at night, it is very unlikely you will be up for training in the morning'.*

The choice however is yours!

For those of you who can manage to juggle the nightlife and the training at the same time, we will be visiting some of the most luxurious clubs that Thailand has to offer. *(optional)*

Including:

'Pulsate' ~ Khao San road

'Q Bar' ~ Pattaya

'Lucifers' ~ Patpong market

'Bacalar Bar' ~ Soi Cowboy street

'Bubbles' ~ Chiang Mai

*Blow off a little steam, you've been training hard and deserve the break!*



## Temples



### Buddhist Thai Temples

Are some of the most lavish in the world, with their ornate golden spurs and gem studied walls, they are simply magnificent in there design and splendor.

### The Grand Palace – Bangkok

This beautiful palace is the second home to the King of Thailand. You will be able to walk around the various gardens and beautiful temples, including the one that holds the Emerald Buddha. Maybe take a look at the ancient scribed walls of history, or walk through the museum of Thai history. *(optional)*



### Wat Pho Temple – Bangkok

It will be a Sky train and river cruise along the Chao Phraya to Wat Pho. Walk around the beautiful and ancient surroundings of Wat Pho, enjoy the carvings, sculptures and the largest gold reclining Buddha in the world.

Then enjoy an hour or two of Traditional Thai Massage from the originators of the art. Here at Wat Pho, is where this ancient art started and is continued to be taught to all who are willing to learn. *(optional)*



### Doi Suthep Temple – Chiang Mai

This arguably is the most tranquil of temples in Thailand, beautiful. Gold leaf floating in the air, incense burning, prayer candles alight and people being blessed by monks. This is truly a wonderful place to be. *(optional)*



## Transportation



### Time Travel

One of the most time consuming things on any holiday has to be the way in which you travel.

That is why we fly direct where possible, to cut out all the hanging around and time wasting.

When you know you could be relaxing on the beach, training at a boxing camp, exploring a temple or dancing in a club.

### London - Bangkok

On the first day, you will be flying from London direct with Thai Airways (or indirect with Ethihad Airways) to Bangkok.



### Bangkok - Chiang Mai

It will be an overnight air conditioned sleeper train to Chaing Mai.

### Chiang Mai - Pattaya

We will travel from Chaing Mai to Pattaya on an overnight sleeper train.

### Pattaya - Bangkok

On the final day in Thailand, you will be travelling by a Limo Taxi to Bangkok Airport.



### Bangkok - London

Then it's a direct flight with Thai Airways (or indirect with Ethihad Airways) to London.



## Accommodation



### A+ Accommodation

Although everywhere you will be staying in Thailand will not be four star accommodation, we can assure you that those places that may be lacking a little in terms of international standard, have made up for it with their hospitality, facilities and location.

### 2 Nights - Bangkok City

After the limo drive from the airport, it will be back to this exclusive hotel, situated a stones throw away from the world famous Jitty MuayThai Gym. Where you will be able to get a quick shower, changed and ready for your first night out in Thailand with your very own experienced tour guide.



### 1 Night - Overnight Sleeper Train

After showing you around the best parts of Bangkok, it will be a overnight sleeper train to Chiang Mai. You will wake up in the morning, and be blessed with one of the most beautiful views in Thailand.

### 9 Nights - Chiang Mai

This hotel's prime location is only two minutes walk from the Lanna Muay Thai Camp, and only fifteen minute run from the world famous Doi Su Tep Temple. See here for Chiang Mai

### 4 Nights - Pattaya Beach

In Pattaya we will be staying at the world famous Fairtex Sports complex. Tennis courts, swimming pool, full weights gym and of course an outstanding Muay Thai Camp all on site.



All of the hotels that you will be staying at are modern and have swimming pools, every room you will be sleeping in will be fully furnished with air conditioning, tv's, showers and double beds.

**Remember if you want your own room, you will have to pay an accommodation supplement of £250.**