

OUTLOOK



Ready. For Life.

EXPEDITION GUIDE

Thailand



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Why Go On Expedition?

Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- ✕ Accelerate your learning and life skills development
- ✕ Gain a deep understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

The 4 Cornerstones of an Outlook Expedition

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.

EXAMPLE COMPONENTS



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course



ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS

★ EVENTS WITH A STAR NEXT TO THEM MAY BE COMBINED
BASED ON THE NEEDS OF THE EXPEDITION

Welcome to Thailand

A destination to fill the mind with vivid colours and spicy aromas.

- 'Thai' means freedom, so literally Thailand is the 'land of freedom' and true to the name, it has never been colonised
- Has retained its unique culture, traditions and language across centuries.
- Rural heartlands, where people have lived for centuries working the rice paddies to a back-drop of tropical forests and homes on stilts
- Golden Buddhas and gleaming temples frame the landscape and influence core beliefs of respect and self-control

WHY THAILAND FOR AN EXPEDITION?

- Explore the ancient city of Chiang Mai
- See sustainability, self-sufficiency and eco-living in action as you travel on foot, by bike and on water
- Work the paddy fields, stay with remote hill tribes and wake up to roosters crowing in this mystical and magical destination.
- White water-rafting, jungle and mountain treks

The land of freedom

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY: 15 DAYS

SEASON: ALL YEAR

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

Depart London Heathrow

Day 1: Arrive in the Kingdom of Smiles

Day 2: Chiang Mai city

Day 3: First Trekking Day — Chiang Mai to Doi Suthep

Day 4: Trekking Day 2 — Doi Suthep to Village Stay

Day 5: Descend Doi Suthep to Huay Tung Tao — Trek and Waterfalls

Day 6: Sticky Waterfall & Cave Visit

Day 7: Introduction to White Water Rafting

Day 8: White Water Rafting

Day 9: Trekking to Baan Palo

Day 10: Full Day Trek to Huay Kup Kap Hill Tribe Village

Day 11 & 12: Community Work: Trail Maintenance

Day 13: Trek Down via the Waterfalls

Day 14: Cycling and Kayaking to Floating Accommodation

Day 15: Kayaking and Market Visit before Departure





Your Expedition Starts



Day 1

Arrival

The adventure begins as you board your international flight from London to Thailand. Settle in and prepare with team mates for an experience that will take you far beyond your comfort zone.

Flying via Bangkok, you will arrive in Chiang Mai on day 1 of your expedition. After a warm Thai welcome, enjoy dinner and settle into your accommodation in the heart of the city, ready to begin your expedition.

Day 2

Chiang Mai City

Spend the day exploring Chiang Mai's rich history and vibrant culture, visiting ancient temples Wat Chiang Man and Wat Lok Moli, taking in the views from Wat Phra That Doi Kham.

In the evening, enjoy a traditional Khantoke dinner with authentic northern Thai food and a lively cultural performance.

Begin Your Trek

Day 3

First Trekking Day Chiang Mai to Doi Suthep

After breakfast we will depart Chiang Mai city and set out along the famous Monk's Trail, trekking through lush forest to reach the stunning Wat Doi Suthep, perched high above the city. En route, stop at the hidden temple of Wat Pha Lat for a peaceful jungle picnic.

As the sun sets, explore the 12th century temple and receive a blessing from local monks, a perfect introduction to Thai culture and spirituality.



Day 4

Trekking Day 2 Doi Suthep to Village Stay

Wake early to watch the sunrise over Chiang Mai before setting out on your next trek through evergreen forest.

Your destination is a Hmong Hill Tribe village, where you will spend the evening immersed in authentic Thai culture, learning about traditions, tasting local cuisine and connecting with the community.



Explore the Waterfalls

Day 5

Descend Doi Suthep to Huay Tung Tao - Trek and Waterfalls

Trek down from the mountain, stopping off at waterfalls before reaching the Huay Tung Tao Reservoir for lunch in floating Thai-style huts.

Later, travel through dramatic limestone landscapes to the village of Muang Khong, your gateway to the whitewater adventures ahead.



Day 6

A Sticky Waterfall and Cave Visit

Off to this unique waterfall - to find out why it's sticky, and for a cool down.

Next, to the What Tham Chiang Dao Temple, an extraordinary structure built into the limestone caving systems.

And finally, an ascent of Thailand's 3rd highest peak, and then rest at Muang Kong Village.



Day 7

Introduction to White Water Rafting

The Mae Tang River journey starts, with a 17km introduction, to learn new white water rafting skills.

The first day rafting ends at the Lahu Hill Tribe village, where you will experience their unique traditions and way of life.





Whitewater Rafting

Day 8

Whitewater Rafting

After breakfast, we'll explore the Karen village, learning about their unique traditions, language and way of life. Mid-morning, we'll set off on our second day of rafting down the Mae Taeng River, tackling fun new rapids as the river winds south for 16km.

After a stilted village lunch stop, we'll return to base camp to relax and enjoy a well-earned evening meal.

Day 9

Trekking to Baan Palo

After breakfast, we'll head out for the next stage of our adventure, transferring to Pa Poo Jam before beginning a 13km trek through tea fields and plantations to the beautiful hilltop village of Baan Palo.

With sweeping views across the Chiang Dao region and Thailand's third tallest mountain, this is one of the most breathtaking spots in the country. If lucky, you might wake to a stunning "sea of fog" at sunrise.

Day 10

Full Day Trek to Huay Kup Kap Hill Tribe Village

After watching the sunrise over Chiang Dao, we'll set off on a full-day trek along dirt trails that climb steadily toward Doi Sam Liem peak. From the top, you'll be rewarded with incredible 360-degree views before descending through lush forest and flower-filled fields. The day ends in a welcoming Lahu Hill Tribe village, where we'll spend the night and experience traditional village life.

Day 11 & 12

Community Service Learning: Trail Maintenance

After breakfast, we will head out from the village of Huay Kup Kap to begin two days of community work focused on trail maintenance. These trails are vital for local people to reach farms, neighbouring villages and tourism sites, so helping to repair and strengthen them makes a real difference.

Working alongside the community, you will learn local techniques to build bamboo walkways and handrails, and help reinforce paths damaged by seasonal rains. This project directly supports livelihoods and ensures safer access for both residents and visitors. Each evening we will return to Huay Kup Kap village to rest and enjoy the community atmosphere.

Day 13

Trek down via the Waterfalls

After breakfast and a chance to see the incredible "sea of fog" over the valley, we'll begin our descent back down the mountain, following the trails we helped repair.

The 8km route winds past waterfalls, as well as fruit farms, coffee plantations and dense jungle. We'll return to base camp for lunch before heading out for one last adventure on the river, tackling the most exciting stretch of white water rafting on the trip.



Day 14

Cycling and Kayak to Floating Accommodation

After breakfast, we'll hop on bikes and cycle through peaceful villages, rice fields and across the Ping River, taking in the beautiful countryside on the way to Mae Ngat Dam for lunch.

In the afternoon, we'll switch to kayaks and paddle across the calm lake to our floating bungalow accommodation. Surrounded by stunning scenery, we'll spend the evening swimming, relaxing and reflecting on everything we've achieved during our time in Thailand.

Day 15

Kayaking and Market Visit before Departure

After breakfast, we'll jump back into kayaks for a final paddle across the lake before meeting our minivans. On the journey back, we'll stop for lunch and visit a local market to pick up souvenirs and sample some delicious Thai fruits and treats.

After a farewell dinner, we'll head to Chiang Mai Airport for our overnight flight home, full of memories from an incredible adventure.

 Home...



What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader, supported by an Assistant Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports



Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life-changing journeys to over 60 countries on five continents across the world.

WHY DO WE EXIST?

To help young people get ready for life.

WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

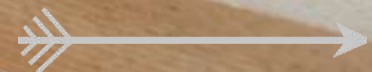
We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners. They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake reccees, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

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ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award