

Explore Thailand: A 20-Day Family Itinerary

A fun, budget-friendly family adventure designed with teens in mind!

■ Days 1–2: Bangkok

Kick off your Thailand adventure in the vibrant capital. Two nights is just enough to get a taste of the city's energy.

Highlights:

- Dior Café – teens will love the stylish drinks and photo ops
- MBK Center – bargain shopping, souvenirs and snacks
- Floating Market – a classic Thai experience (go early!)
- Train Market (Maeklong) – watch the train pass through the market
- Evening Tuk Tuk Tour – street food, night temples and fun transport

■ Days 3–4: Chiang Mai

Fly north to Chiang Mai for a slower pace and meaningful experience.

Highlights:

- Elephant Sanctuary Stay (2 nights) – hands-on, ethical elephant experience that's unforgettable and educational for teens

■ Days 5–14: Phuket (Patong)

Settle in for 10 nights in Phuket, using Patong as your base. This gives you time to balance relaxation, adventure and local culture.

Highlights:

- ATV & Zipline Adventure – thrilling and teen-approved
- 4-Hour Spa Package – family chill time (yes, even teens enjoy it!)
- Phuket Town – colorful old town, weekend night market, and great food

■ Days 15–19: Khao Lak

A quieter beach destination that's perfect for recharging and trying something new.

Highlights:

- Thai Boxing Spectating – exciting local fight night

- Ning's Cooking Class – hands-on Thai cooking with a friendly teacher
- Muay Thai Lesson – learn the basics of Thailand's national sport
- Yoga Class – try a beachfront or indoor teen-friendly session

■ Day 20: Bang Tao Beach

End your trip with a relaxing night by the beach. Great for sunset swims and recharging before the journey home.

■ Free Printable Phuket Teen-Friendly Checklist available on EscapesWithTeens.com