



Discover Thailand in a sustainable way

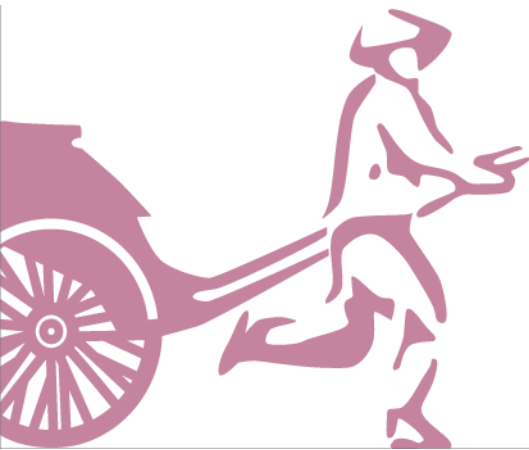
13 days, 12 nights

**Chiang Mai – Phrao – Local community – Chiang Mai – Denchai –
Sukhothai – Phitsanulok – Bangkok – Amphawa – Bangkok**

The program is flexible, and we are happy to tailor the trip to your needs.

For any inquiries a please contact sales-thailand@easia-travel.com

Get ready to discover Thailand from a completely new perspective. Leave mass tourism far behind and get to know Thailand differently during this itinerary that focuses on meaningful interactions and slow travel. Live and learn with locals and immerse in the green countryside and mountains of Chiang Mai. Unwind and mingle with locals as you see stunning landscapes glide by while taking the day train. Visit off-the-beaten-track ruins at Sri Satchanalai's UNESCO World Heritage Site and explore the tranquil surroundings around Bangkok for a stark contrast with life in the bustling city.



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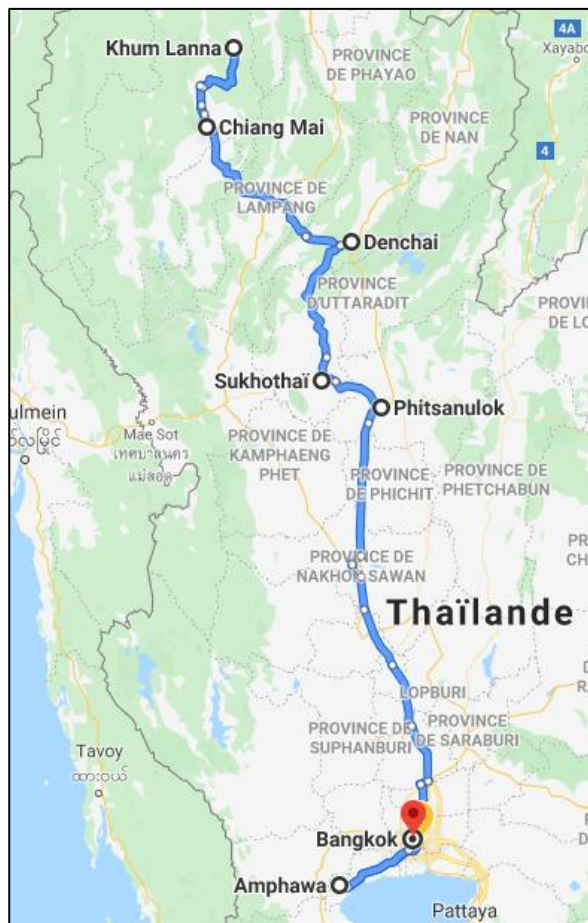
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ITINERARY OVERVIEW

Trip Highlights:	<ul style="list-style-type: none"> - A complete itinerary showing much of Thailand, keeping sustainability in mind on multiple levels - Chiang Mai and immersion in the countryside, visit a remote Akha village and stay overnight in a local community - Slow travel by day train, an alternative way of traveling to connect with locals - A visit to Sri Satchanalai Historical Park by bicycle. - Visit the surroundings of Bangkok to learn about life in the suburbs and in local communities
Included:	<ul style="list-style-type: none"> - And experienced fully licensed English-speaking guide - Transportation as mentioned in the program - Accommodation as mentioned in the program - All activities as mentioned in the program - Meals as mentioned in the program -
Seasonality:	Possible all year round
Duration:	13 days, 12 nights

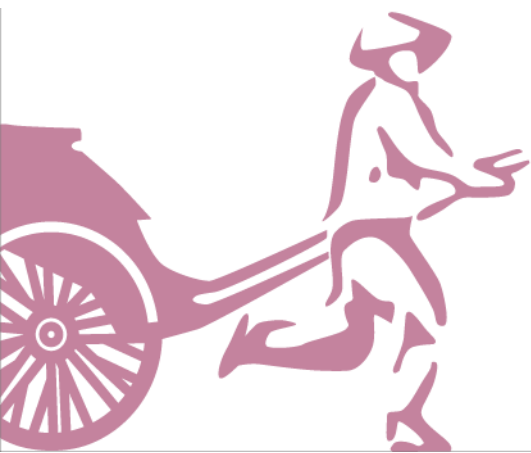


Day 1: Arrival Chiang Mai (-/-/D)

Arrival in Chiang Mai International Airport where you will be welcomed by your English-speaking who will accompany by private vehicle to your hotel. Enjoy the rest of the day at leisure until you go for dinner at a local restaurant

Meals included: Dinner

Suggested accommodation: Banthai Village



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Day 2: Chiang Mai – Khum Lanna (B/L/D)

Your tour will start by walking to the Ping riverbank, from where it will take you through the hustle and bustle of **Kaad Luang**, or the great market, as the locals call it. It is actually made up of 3 different markets and has been a favorite shopping spot since the late 1800's. During the tour you will get to know all about the history of the market and its surroundings while enjoying fresh produce and local specialties along the way.

At the end of the tour you will head to **Wat Suan Dok** and its stunningly bright golden stupa of Wat Suan Dok, dubbed by locals as temple of flower garden. Although founded in 1370, Wat Suan Dok has seen several additions and upgrades over the centuries and remains one of Chiang Mai's best-maintained religious structures.

After the lunch, you will leave Chiang Mai and drive to the bucolic surroundings of Phrao to reach your **eco-lodge: Khum Lanna**. Upon arrival, to help you ease into the surroundings, you will be provided with traditional Thai farmers' shirts to wear during your stay. After checking into your room, you will get to know the secrets of Thai cuisine as **you prepare some dishes**, you will get to enjoy the fruits of your labor during dinner.

Meals included: Breakfast, lunch in local restaurant, dinner at Khum Lanna

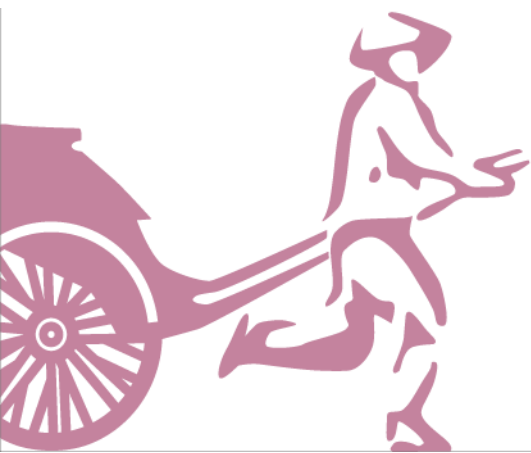
Accommodation: Overnight at Khum Lanna

Day 3: Khum Lanna – Akha Community – Khum Lanna (B/L/D)

After your breakfast, you will drive up to highlands by local truck to the top of the mountain, where on a clear day, the views stretch far to the beautiful surrounding valleys. You will then **visit the Queen's Project**, where an employee will explain the history of the area and their effort to provide a sustainable livelihood to the surrounding communities. You will then **continue to an authentic Akha village** where you will learn more about their distinctive culture and customs. In another Akha village, you will have the opportunity to **roast and taste some locally-grown coffee**, before starting a **leisurely hike down the mountain** back towards the valley. Your local truck will pick you up and bring you back to Khum Lanna for the night.

Meals included: Breakfast, lunch in Akha community, dinner at Khum Lanna

Accommodation: Khum Lanna



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Day 4: Khum Lanna – Local community (B/L/D)

Your coffee/tea will be brought to your room as your wake-up call in the early morning. You will start the day with a **sunrise cycling** trip along a rural country road to **visit a village's market**. With the help of your guide you can buy local biscuits and garlands to offer to the monks during your upcoming visit to the temple. You will then take a short walk to a local hardware shop that sells farm tools, supplies and rice seed.

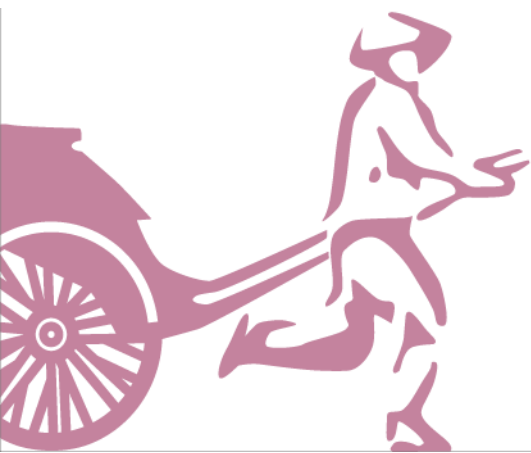
On the way back, you will **visit a Buddhist temple** where a respected Buddha image is enshrined under a sacred tree. You will make your way back cycling to Khum Lanna along a scenic route of canals and rice fields. Upon your return, a **Lanna-style breakfast** awaits you at the riverside.

After a fresh up at your room, you will be introduced to one of the main objectives of Khum Lanna: promoting Thai rice under the concept "Rice for Life". You will **learn about the history of rice cultivation**, different species of Thai rice, and tools and equipment used in the rice fields. Then, guided by your host, you will enjoy a casual walk around Khum Lanna's organic garden where a variety of vegetables, fruits and herbs are grown. This time, you will be shown **how to cook the famous Papaya Salad, and sticky rice**. Lunch will include a country style Barbeque, and all the scrumptious dishes to complement.

At the end of the afternoon, you will make your way to a small community in the outskirts of the city. After meeting your hosts and the local house where you will spend the night, it is time to get ready for some fun as you **will learn the basics of Fon Jeung, a traditional Northern Thai dance**. You will **have local dinner** with your hosts and have time to enjoy the relaxed atmosphere in the village.

Meals: Breakfast and lunch at Khum Lanna, dinner in local community

Accommodation: Local house



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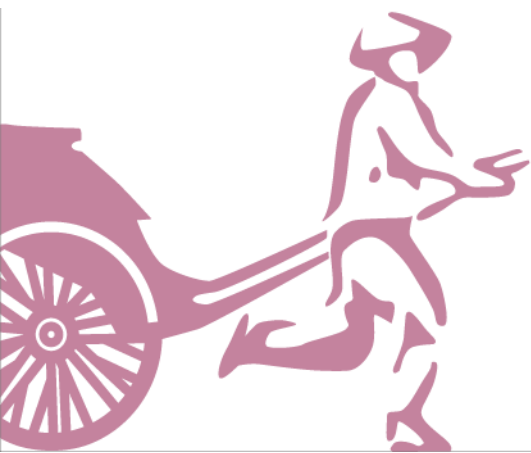
Day 5: Local Community (B/L/D)

Today you will wake up early to partake in a quintessential Thai experience - **giving early morning alms** to passing monks. It is a common practice for monks to walk through towns and cities so that the locals can 'make merit' by donating what they can, and this morning you will have the chance to join them. Then, after a simple but tasty local breakfast, you will head out into the surrounding rice fields to learn about rice production and you will even get to **try out some of the steps involved in the process, like rice planting or harvesting** (depending on the season).

Throughout the day you will get to know local people, enjoy delicious food, and **have close encounters with buffaloes**. If you want you can even **try out the basics of Muay Thai**, Thailand's national sport, or **try your hand and wood sculpting**. Whatever the case, you will leave the village in the late afternoon looking back on a fun learning experience!

Meals included: Breakfast, lunch and dinner in the community

Accommodation: Local house



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Day 6: Local Community – Chiang Mai – Denchai (by Train) – Sukhothai (B/L/)

In early morning, you will say goodbye to your new friends and drive to Chiang Mai railway station. Where you will get on the train to Den Chai. During the train ride you will have **plenty of time to unwind and relax** as you travel to Den Chai, your next destination. Train travel is a popular and efficient way of traveling for locals in Thailand, so it is **a nice opportunity to meet people**. The route you will take also passes beautiful scenery, through local villages, past rice fields, and through **Thailand's longest railway tunnel**.

Upon arrival in Den Chai at the beginning of the afternoon you will enjoy a lunch in a local restaurant. Den Chai will be your entrance gate to the North Central plains of Thailand. From here you will drive towards the **historical UNESCO Park of Sri Satchanalai**.

Grab a bike and pedal your way around Sri Satchanalai, a 13th century city and UNESCO World Heritage Site. On two wheels is a great way to explore this expansive city with its ruined temples, a phenomenal palace, and several ancient Buddha sculptures that have survived centuries. A sister city to the great Sukhothai, exploring Sri Satchanalai is crucial in understanding Thai feudalistic history. After your visit, you will continue to Sukhothai and check in your hotel at the end of afternoon.

Meals included: Breakfast in the community, Local lunch

Suggested accommodation: Legendha Sukhothai

Day 7: Sukhothai (B/L/-)

Mid-morning you will go to a local house not far from the historical park and meet the owner, a **local history expert eager to share his knowledge**, who will make you feel right at home. As you learn about the rich culture and history of Sukhothai, you will have the opportunity to **make your own Buddhist amulet to take home** as a unique lucky charm.

You will come back to your hotel in the mid afternoon and have time to relax until the afternoon heat starts to lessen and **head out into the countryside of Sukhothai by bicycle**. In contrast with the famous historical park, the surrounding countryside remains almost completely untouched by tourism, and cycling through it is a great opportunity to get a glimpse at local life. Along the way your guide will give you plenty of insight in the farming life as you find a nice spot to admire the sunset.

Meal included: Breakfast, lunch

Suggested accommodation: Legendha



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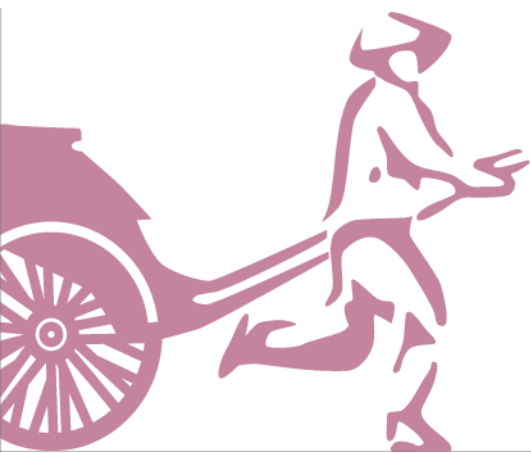


Day 8: Sukhothai – Phitsanulok – Bangkok (by Train) (B/L/D)

Today you will leave to **Phitsanulok**, one of Thailand's oldest cities as well as one of its most historically significant. Resting gently on the Nan River,

Discover Wat Yai, also known as the Big Temple, a 14th century structure that can make a case for being one of the most intricate and spectacular religious compounds in all of Thailand. Home to the **Phra Buddha Chinnarat**, one of the most revered Buddha images in the country, this temple also houses beautiful mother-of-pearl inlaid doors and other decorative features throughout. Then continue to **visit a local workshop specializing in the casting of bronze**, an art form that has existed for centuries in Thailand. Shaping bronze has particular religious significance in Thailand, with Buddha being the most popular source of inspiration.

After a lunch in a local restaurant you will head to the railway station and board on **your day train which will drive you to Bangkok.**



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Just sit back and relax and enjoy the endless sights of rice fields as you make your way through **Thailand's central plains**. You will reach Bangkok outskirts at the end of afternoon. Your driver and guide will transfer you to your hotel located on the edge of a *klong*.

Meals included: Breakfast, Lunch, Dinner

Suggested accommodation: Chann Bangkok Noi

Day 9: Bangkok (B/L/-)

Today you will have the chance to live Bangkok differently: like a local!

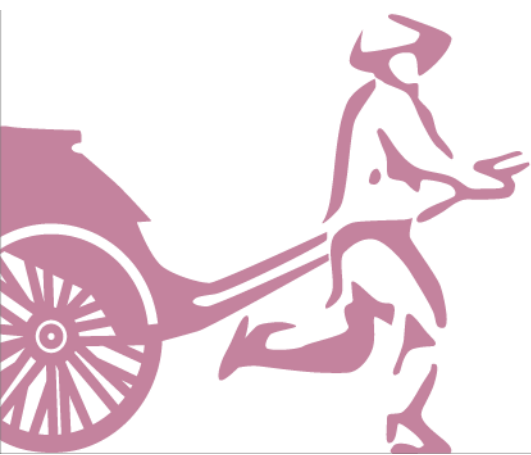
Just before lunch you will head out and use **all kinds of local transportation**, from river ferry to skytrain to tuk-tuk, to make your way through the different neighborhoods of Bangkok. The perfect way to mingle with locals, take in the various sights and really experience the pulse of the city. You will pass local neighborhoods, but also towering skyscrapers and modern shopping malls and famous temples like **Wat Saket**, which is located on a mount, offering incredible views over Bangkok and highlighting the contrast between traditional temples and palaces and nice skyline of skyscrapers.

Continue to the **Wat Pho** and its famous **reclining Buddha** where you likely will hear **monk's afternoon chanting** ritual emanating from the main hall.

End the day with a unique means of transportation: an **electric scooter**! Perfect to sneak into the maze of streets of Bangkok that often hide some secrets and unique daily scenes of local life. You will discover the soul of the **old Bangkok** through these narrow alleys ('soi' in Thai) which meander between old shophouses or hidden temples, away from the traffic jammed bustling avenues, allowing for a secure and pleasant way to discover Bangkok differently and at your own pace.

Meals included: Breakfast at the hotel, Lunch in a local restaurant

Suggested accommodation: Chann Bangkok Noi



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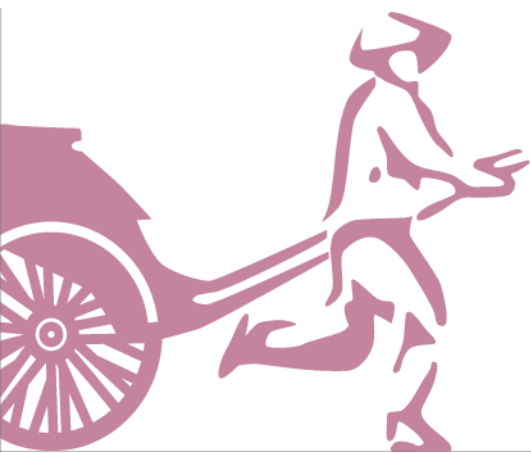


Day 10: Bangkok – Nonthaburi - Bangkok (B/L/-)

Today, you will leave bustling Bangkok and go to Nonthaburi. You will **meet your host and her family** who open their house for a peaceful day in the countryside. You can discover their organic garden while picking vegetables and spices to cook a delicious traditional meal. After lunch you will **learn the art of water hyacinth weaving**. Throughout the day, you will share the life of the community, focusing on sustainability and the development of micro-agriculture along a peaceful canal not far from the busy urban life of Bangkok. You will arrive back to your hotel at the end of the afternoon.

In the evening it is time to explore a quirky market that is quite different from the ones you may have seen before. In Thai, 'Chang Chui' means 'messy artist': it is probably the feeling you will have entering this whole **new kind of night market**. With a mixture of street stalls, art galleries concert halls, street art and even small bars, Chang Chui market merges fashion culture and gastronomy together. A unique experience not to be missed! You will have plenty of choices for dinner as you have time at leisure to explore!

Meal included: Breakfast, lunch in a restaurant, diner at leisure on Chang Chui
Suggested accommodation: Chann Bangkok Noi



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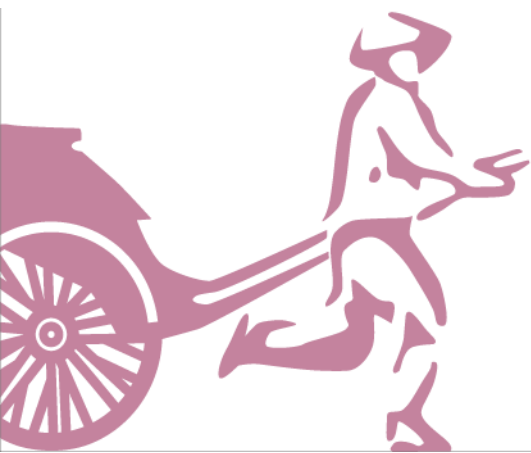
Day 11: Bangkok – Mahachai – Mae Klong - Amphawa (B/L/-)

Get ready to leave bustling Bangkok behind again as you escape to the impressive **fish market of Mahachai**. Here you will observe the hum of one of the most important fishing centers of the kingdom. After a stroll in the market, embark a local ferry to the **peaceful peninsula of Tha Chalom**. A **visit at the local museum** offers the opportunity to learn more about the local community and trading past of the area. Your walk in Tha Chalom will take you to **Ban Laem station** where **you will board a now famous local train, the Mae Klong Market Train**. Usually people watch the train arriving in the market, but you will get to experience it firsthand right from inside the train while entering the village. You will quickly understand why Thais have nicknamed this market “the folding umbrella market”.

After a local lunch at the market you will continue to the green countryside of Samut Songkram province to enjoy a **bike ride to meet a local community**. Once there, you will **learn how to prepare local confectionery such as fermented candies and charcoal fruits** before visiting the village organic garden. At the end of afternoon, you will visit the picturesque and **lively floating market of Amphawa**. Dinner at leisure on the market.

Meal included: Breakfast, Lunch

Accommodation: Asita Eco Resort (or similar)



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Day 12: Amphawa – Tha Kha - Bangkok (B/L/-)

For early risers, the act of giving alms to monks who collect food approaching local houses by small boats will be a memorable moment.

After breakfast you will go to the small community of Tha Kha. You will start by **enjoying a ride aboard a small rowing boat** for a short ride along the canal which winds around lush gardens and family houses. As you make stops at local houses, you will try your hand at basketry, weave coconut leaves into tiny toys, extract sugar palm from raw coconut and and mak Thai confectionery using traditional utensils. You will understand how coconut is one of the pillars for the community of Tha Kha. At the end of your tour, you will disembark to **visit a traditional wooden house** and learn more about the domestic way of life of bygone days. A tasty **traditional lunch, typical of the Samut Songkhram region** will then be served just for you in the garden, before leaving for Bangkok where you will arrive at the end of the afternoon.

Meal included: Breakfast, lunch

Suggested accommodation: Riva Surya

Day 13: Bangkok – Departure (B/-/-)

For your last day, after your breakfast you will be free to spend your day at leisure, relaxing at the hotel or venture to continue your discovery of Bangkok on your own before your transfer with your guide and driver to Bangkok Suvarnabhumi Airport.

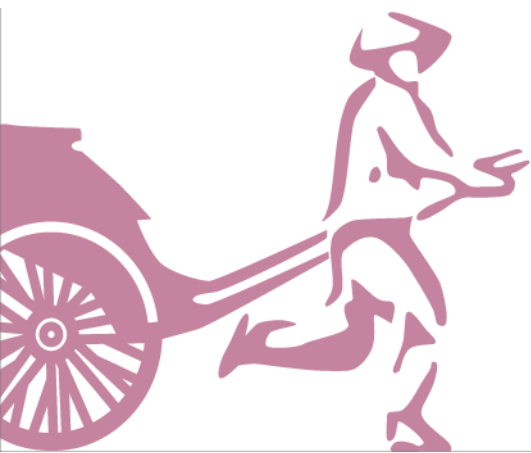
Meal included: Breakfast at the hotel

Check-out at hotel: 12h00

Look back on an incredible journey!

The program is flexible, and we are happy to tailor the trip to your needs. We can make it shorter or longer, or add interesting extensions.

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