

SAMPLE ITINERARY

THAILAND

Day 1, Tuesday, July 29 | Arrival

Overnight: Hotel in Bangkok

Today we will arrive in Bangkok. We will be met by the local team and will get set up at our accommodations.

Day 2, Wednesday, July 30 | Wat Pho, Thai Massage, Walking Tour, Boat Tour and Welcome Dinner (B, D)

Overnight: Hotel in Bangkok

We will enjoy a visit to the stunning Grand Palace. Later we will transfer to Wat Pho and enjoy an 1 hour of Thai massage. We will then be full of energy to walk to the lively flower market. We will have lunch on our own and to finalize the day we will have a boat tour either to or from Wat Pho with a stop at Artist Colony. After a long day full of amazing experiences and new adventures we will enjoy a delicious Welcome Dinner.

Day 3, Thursday, July 31 | Red Cross Hospital Visit and Traditional Thai Alternative Medicine Hospital Visit (B, L, D)

Overnight: Hotel in Bangkok

Today we will learn more about local health and some local institutions. We will visit the Red Cross Hospital and and a Traditional Thai Alternative medicine hospital where we will get a better sense of traditional Thai treatment and post-partum care using herbs and various methods.

We will have some time to do some shopping in Bangkok and enjoy the rest of the night exploring.

Day 4 Friday, August 1 | Baan Rai Excursion and Salt Spa (B, L, D)

Overnight: Hotel in Baan Rai

After breakfast we will depart Bangkok by a private coach, for about 2 hour-drive to visit Suphanburi Panyanukul school for autistics children and/or the Special Education Center 5, depends on availability. Then continue for another 2 hour-drive to Baan Rai in Uthai Thani province, a new remote nature destination for Thais and hardly known much among foreigner tourists. The area is famous for natural mountain areas and attractions, organic farms, etc. We will have lunch on the way. Upon arrival the hotel provides a salt spa treatment with salt taken from Nan, the best salt area, and it is the only one salt spa in Thailand. You will have a relaxing time enjoying the salt spa treatment.

Day 5, Saturday, August 2 | Kamphaeng Phet Excursion (B, L, D)

Overnight: Hotel in Kamphaeng Phet

Enjoy a morning walk amid nature at Hup Pa Tat Valley, famous for its abundance of exotic plants. After lunch we will depart for Kamphaeng Phet, an old town of historical significance off the beaten path.

Day 6, Sunday, August 3 | Hot Springs and Transfer to Chiang Mai (B, L, D)

Overnight: Hotel in Chiang Mai

We will start the day with a visit to Bo Nam Phu Ron Phra Ruang (Hot Spring Bath) in Kamphaeng Phet. The surrounding landscape is beautifully designed to be a health resort and leisure area. Enjoy optional hot tub soakings and foot massages. After lunch we will transfer to Chiang Mai (4.5 hours). We will finish our day having dinner at the Ohkajhu Restaurant or similar.



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Day 7, Monday, August 4 | Elephant Nature Park Visit (B, L, D)

Overnight: Hotel in Chiang Mai

Visit Elephant Nature Park, an ethical sanctuary and rescue center for elephants

Day 8, Tuesday, August 5 | Chiang Mai Excursion (B, L)

Overnight: Hotel in Chiang Mai

Drive to a village area on the outskirts of Chiang Mai. Visit the Tea Gallery in a tea community forest with hundred year old teas grown naturally. Visit the community and have a talk with an expert in tea, Kombucha tea, and other special Thai herbs used to treat people during time of Covid-19. We will also visit an expert (a retired pharmacist and instructor at Chiang Mai University) in Houltuynia cordata used to treat patients of various diseases. Today dinner is on our own to have a personal opportunity to explore Thai street food.

Day 9, Wednesday, August 6 | Meditation Experience and Cooking Class (B, L, D)

Overnight: Hotel in Chiang Mai

Today is all about alms offering, joining monk chats, and meditation at Wat Phra That Doi Suthep. (It is also possible for a talk with monks to see how they look after their health, under the concept of Buddhism and of the Buddha's guidance, and possible monk school visit).

After a morning dedicated to meditation we will have a Thai Cooking Class with the ideology that "Food is Medicine", using farm fresh ingredients.

Day 10, Thursday, August 7 | Fly Back to Bangkok and Tour in Bangkok (B, L, D)

Overnight: Hotel in Bangkok

A tour of Bangkok may include the Jatujak weekend market, parks, BIA Buddhist Sanctuary, and more, pending interests and schedules. Dinner by the river with the market nearby, or a relaxed river cruise with dinner

Day 11, Friday, August 8 | Hua Hin Excursion (B, L, D)

Overnight: Hotel in Huan Hin

Travel to Hua Hin by private bus. Some stops will be made along the way such as KhaoWang, an old palace on a mountaintop, or a visit to a mangrove forest by boat in Petchaburi.

Day 12, Saturday, August 9 | Hua Hin Relaxing Experience (B, L, D)

Overnight: Hotel in Huan Hin

Morning beach yoga followed by a Trip to Khao SamRoiYot National Park and Phraya Nakhon Cave. During the late afternoon free for beach time and relaxation. We can visit the evening Cicada market. There are many open-air restaurants and handicrafts

Day 13, Sunday, August 10 | Hua Hin Activities and Farewell Dinner (B, L, D)

Overnight: Hotel near the airport

During the morning we will have some beach relaxing time followed by one of the following options: Kui Buri Elephant Watching and Safari - known to be the best wild elephant watching spot in Thailand, it is almost sure the visitors will see wild elephants roaming in the forest any given day of the year in Kui Buri National Park's wildlife watching area or a half day visit to Pa La-U waterfall. We will finish with a Farewell Dinner to later drive back close to Bangkok Airport.

Day 14, Departure, Monday, August 11 | (B)

Depending on the flight time, have breakfast and transfer to the airport.

