



14 days Culture, People and Soft adventure CTP 302

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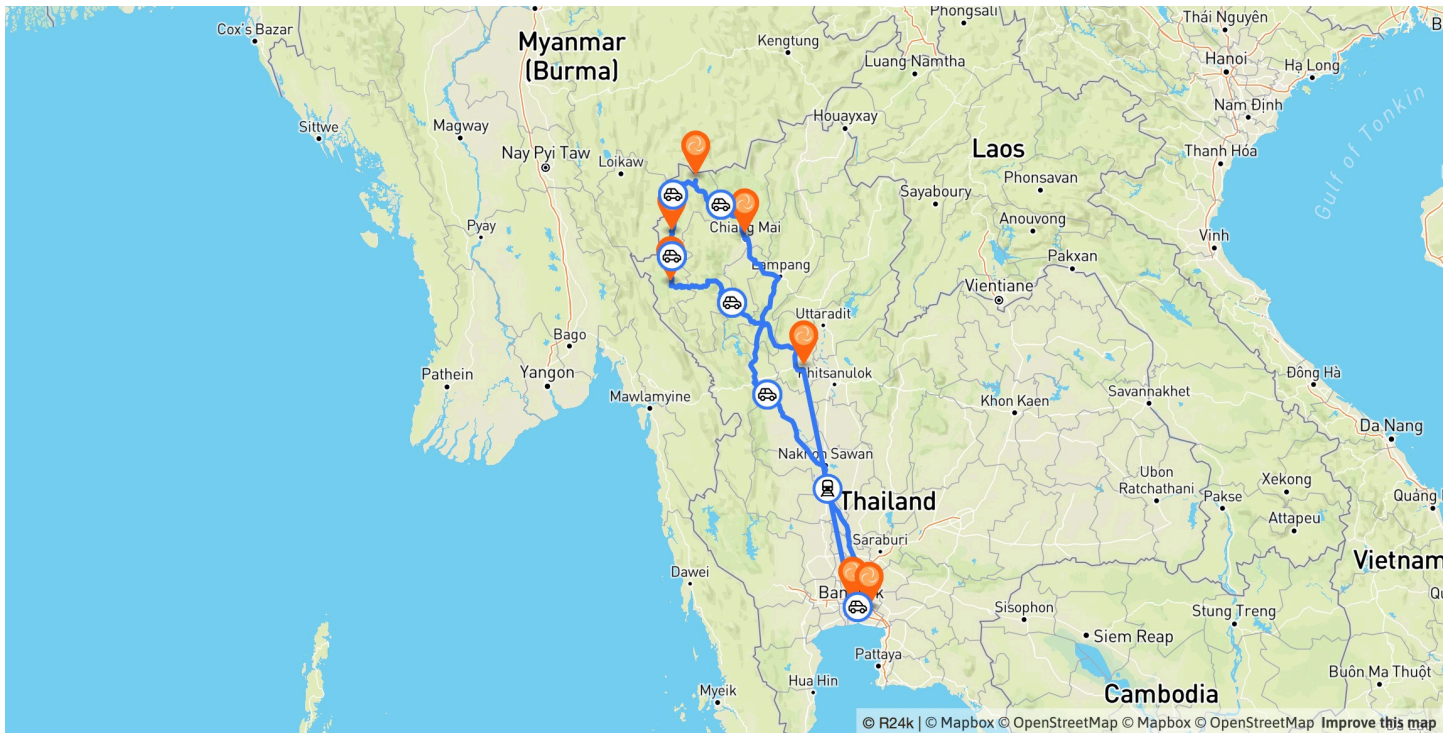


Intro

14 days Culture, People and Soft adventure

You've heard the stories about Thailand's overcrowded tourist hotspots. While Pattaya and Bangkok's Grand Palace may be teeming with visitors, our 14-day tour offers a completely different experience. Escape the crowds and immerse yourself in the heart of authentic Thailand. Encounter hill tribes near the Burmese border, learning about their unique cultures and customs. Cycle through Bangkok's lush green heart, trek through the wilds of Salawin National Park, and find inner peace with a meditation session led by monks. Explore one of Thailand's most impressive caves, Tham Lod, and cruise through the charming streets of Chiang Mai on the back of a Vespa.

This adventure is packed with unforgettable experiences, revealing a side of Thailand that few tourists get to see.



Day by Day

DAY 1:	suvarnabhumi airport - Bangkok
DAY 2:	Bangkok
DAY 3:	Bangkok
DAY 4:	Bangkok - Sukhothai Thani
DAY 5:	Sukhothai Thani
DAY 6:	Sukhothai Thani - Mae Sariang
DAY 7:	Mae Sariang
DAY 8:	Mae Sariang - KhunYuam
DAY 9:	KhunYuam - Tham Lot
DAY 10:	Tham Lot
DAY 11:	Tham Lot - Chiang Mai
DAY 12:	Chiang Mai

DAY 13: Chiang Mai

DAY 14: Chiang Mai - suvarnabhumi airport



DAY 1: suvarnabhumi airport - Bangkok

Welcome in Thailand

Upon arrival at Suvarnabhumi International Airport, proceed through immigration and collect your luggage, before passing through customs. Our airport representative will be waiting for you at exit number 6 / Gate B, and escort you to meet the driver for a transfer to your hotel.

Walking through old town - BKK-001 (18:00 - 21:00)

Bangkok's old town is unique and well-preserved as somehow high-rise buildings have never made it to this part of the city. Some of the oldest Bangkok neighbourhoods have been occupied since the early days by entrepreneurial Chinese migrants that typically build shophouses; the family was living upstairs while the shop downstairs was meant to do trading and make money. This part of town is also home to the Grand palace and many other historical buildings that are used at ministry. Your guide will take you through this interesting part of town and stops regularly to let you taste some of the local specialities.

Meeting point at 18:00

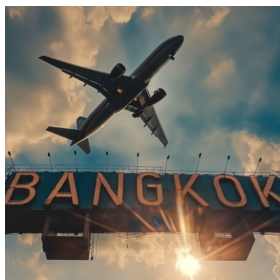
Accommodation: ★★

 1905 Heritage Corner

 Colonial room

Included today:

- ✓ Private car airport to hotel
- ✓ Evening walking tour with english speaking guide





DAY 2: Bangkok

Chatting, Chanting, and Fortune-telling

Bangkok rivers, orchards and a reclining Buddha with a royal influence – BKK-002 (09:00 - 13:00)

Exploring the old orchards, ways of life and food in the network of canals passing through Bangkok. Discover the blueprint of the famous reclining Buddha and find out where some of the palace architectures found their inspiration. The trip is partly on foot, partly by boats and ends with an excellent lunch. Connect with your guide, with Bangkokians while finding your way to the starting point of the tour (BTS Wuttakat) and choose another transport to find your way back to your hotel together with the guide or discover more of Bangkok on your own. Operated by The Roots Routes.

Chatting, Chanting, and Fortune-telling – BKK-024 (16:00 – 20:00)

While Buddhism is a lot about practice and self-discipline, there are some parts of the philosophy that have influences from different beliefs and faiths. Today we will make a deeper connection to some of these, while talking to a Buddhist monk to get a better introduction to the religion, going to meet a fortune teller who might see interesting scenarios in your future, followed by joining an evening chanting at a local temple – all very special encounters in order to get a more overall picture on how Buddhism is practiced and lived.

Accommodation: ★★

Included meals:

🏠 1905 Heritage Corner

ⓑ Ⓛ

🛏 Colonial room

Included today:

✓ Bangkok tour with english speaking guide



DAY 3: Bangkok

Biking through the green heart of Bangkok

Biking through the green heart of Bangkok with local lunch (Private tour) - BKK 019 (09:00 – 14:00)

If you are seeking a respite from the frenetic pace of Bangkok, then the Green Lung in Bang Kra Jao is an idyllic destination for nature and bicycle lovers. This serene oasis is situated amidst verdant greenery, traditional stilt houses, botanical gardens, ancient temples, vibrant markets, and an array of fascinating wildlife. When you visit, you will have the opportunity to explore the nearby communities and the life of the locals who inhabit this lush local paradise. Local lunch is served as well. Take a break from the chaos of the city and immerse yourself in the natural beauty of Bang Kra Jao' by bike. Transfer between the hotel and tour starting point is included. Operated by Bangkok Bike Adventure

Dining in the sky - BKK-007 – (18:00 – 21:00)

Bangkok's skyline offers fantastic views over the city that never sleeps and a dinner at one of the many rooftop restaurants is certainly an unforgettable event. The restaurant scene changes very fast and always comes up with new ideas and experiences. We have reserved a table for you at one of the rooftop restaurants in Bangkok for a surprise meal (drinks not included). Transfers included.

Accommodation: ★★

Included meals:

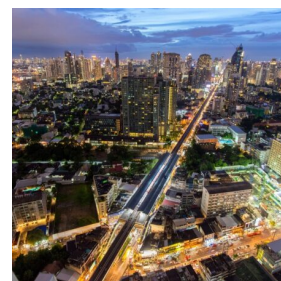
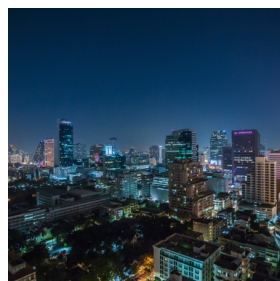
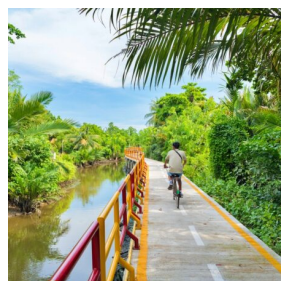
🏠 1905 Heritage Corner

ⓑ Ⓛ

🛏 Colonial room

Included today:

✓ Bicycle tour with english speaking guide -



DAY 4: Bangkok - Sukhothai Thani

Home cooked dinner

The driver picks you up from hotel and transfer to Bangkok train station for your train to Phitsanulok. Train: #7 Bangkok – Phitsanulok 09:05-13:12. Arrival in Phitsanulok, transfer to Sukhothai

Sukhothai home-cooked food - a window to the culture of an ancient city – SUK-001 (17:00 – 20:00)

We pick-you up from the hotel for a first impression and history of this ancient kingdom and a taste of the area. We visit the ruins of the elephant temple, visit a local market to taste some appetizers from the area and learn more about farming in the area. Continue to visit a local home where the you will enjoy a home cooked dinner by your host family we have an opportunity to see how the family lives. The evening ends with a tasting of different kinds of Thai desserts served at a special location.

Accommodation:

- 🏠 Tharaburi Resort
- 🛏 Grand deluxe room

Included meals:

- ⓑ
- ⓓ

Included today:

- ✓ Train and transfers
- ✓ Sukhothai tour with english speaking guide



DAY 5: Sukhothai Thani

Bike the countryside of Sukhothai

Sukhothai history and daily life merging – SUK-002 (09:00 – 16:00) – private guided biking tour

From your hotel we start the biking trip to show you the countryside of Sukhothai area with the many temple ruins dotted area the area. The English-speaking guide stops very regularly to give you an excellent explanation on Buddhism, history, architecture, ways of life and local handicrafts. Water, snacks and a local lunch are served along the way. This private tour shows you the ways of living in the middle of Thailand with customs going back many centuries.

Accommodation:

- 🏠 Tharaburi Resort
- 🛏 Grand deluxe room

Included meals:

- ⓑ
- Ⓛ

Included today:

- ✓ bicycle tour with english speaking guide



DAY 6: Sukhothai Thani - Mae Sariang

Along the border with Burma

It's an early departure this morning as we have the longest drive right at the beginning of the trip today. As you leave the central plains of Sukhothai we ascent into the mountains and are soon surrounded by lush green forest. Unfortunately, the area is not just nature and smiles but also bares the scares of many years of armed conflict in neighbouring Myanmar (Burma).

Karen village, nature and food – BUR-001

We go for a beautiful river trip* along the border, take a short walk, visit a cave and pass the impressive, yet also sad reality of one of the biggest refugees camps in Thailand. We stop in one of the villages along the border which are pre-dominantly home to Karen people, an ethnic group known to have excellent weaving skills with a strong cultural background rooted in Myanmar. There are also many inspirational stories to be told in this area and we stop to meet some of the people trying to make a positive impact on the lives of the Karen people living in this area.

*from May till Sept the boat trip is replaced by a walk through the area due to high water levels.

We continue the journey by car to Mae Sariang, a small riverside town surrounded by mountains and forest.

Accommodation: ★★ ★

🏠 Riverhouse Teakhouse

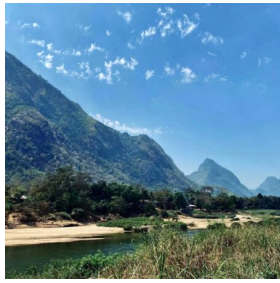
🛏️ Standard room

Included today:

✓ Private car

Included meals:

ⓑ



DAY 7: Mae Sariang

Trekking and boating along the Salween National Park

Trekking and boating along the Salween National Park – BUR-002 (17 km – 4 hours)

We take you for half a day trekking through Salween National Park, starting from a beautiful spot in the middle of the park. The old teak-wooden bungalow was previously used as the headquarters of a British teak extraction company, then housed the administration of a nearby refugee camp and is currently used as the National Park outpost for 6 rangers. A park ranger accompanies us for a trekking of about 4 hours on mostly flat terrain and passes a small village of Thai and Karen people. We stop for a simple picnic lunch in the national park and arrive at the Salween River that forms the border with Burma. A private boat is ready for a stunning 1-hour trip on the river to a small border settlement where we have afternoon snacks before returning by car to the hotel.

Accommodation: ★★☆☆

Included meals:

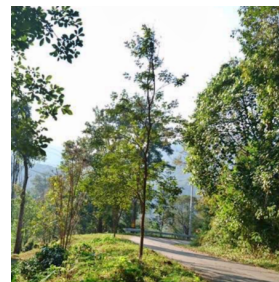
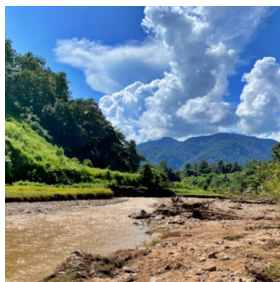
🏠 Riverhouse Teakhouse

ⓑ

🛏 Standard room

Included today:

✓ Half day trekking with english speaking guide



DAY 8: Mae Sariang - KhunYuam

Discovery of Tai Yai, Karen and Northern Thai culture by bike

Discovery of Tai Yai, Karen and Northern Thai culture by bike – BUR-003 (2 hours)

The people of Mae Sariang are proud of their cultural heritage influenced by the long relations across borders with Burma

and with the rest of Northern Thailand. A Mae Sariang resident takes us around town by bike to visit temples, markets and meet some of the local foodies to taste some typical snacks from the area.

Tai Yai (Shan) village walk, home cooked lunch and Khun Yuam Museum – BUR-004


Today we're going to dive deeper in the culture of the people living in the countryside and a 2-hour drive brings us to an idyllic village that has set-up an excellent community-based tourism home-stay program. The majority of the villagers are Tai Yai (Shan) ethnic and live from agriculture such as rice, soybeans and other produce. A local villager or student will introduce you to their traditions and cultures, while practicing their English language skills, guiding you around town to visit the wooden monastery and a traditional wooden house for a home-cooked Shan lunch. Continue to the excellent Khun Yuam Museum that explains the culture of the town's people and the fascinating history during WW2 when Khun Yuam was a major Japanese starting point to cross through Burma to India, but also a trading post for the neighbouring tribal lands.

Accommodation: ★★

Included meals:

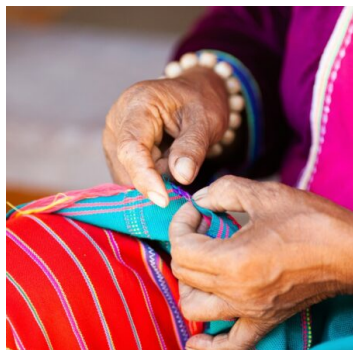
 Khun Yuam Resort

ⓑ Ⓛ

 Luxury room

Included today:

- ✓ Bicycle tour with english speaking guide
- ✓ Community tour with english speaking guide



DAY 9: KhunYuam - Tham Lot

Mae Hong Son and meditation

Mae Hong Son and meditation – BUR-005

We continue through teak forest and visit the colourful market in Mae Hong Son town, which is a melting pot of cultures, produce and gossip. We will also show you the Shan-style temple on the lakeside. Many Thai Buddhist people practise meditation and most public schools in Thailand teach children how to meditate. Today you will get a basic introduction to meditation and mindfulness at one of the famous meditation centres surrounded by stunning scenery - where monks teach different meditation practises. It's a welcoming, open, hospitable space for people taking steps towards their spiritual growth. Enjoy a healthy lunch amongst the practitioners.

Tham Lod - A Cave Exploration – BUR-006

One of the most impressive caves in Thailand is over 1,5 km long and consist of 3 huge chambers. Likely one of the most impressive caves that are accessible in Northern Thailand. Community members will take you through the cave with a small lantern and escort you on bamboo rafts and wooden bridges to glittering chambers and an ancient coffin cave. A beautiful visit in this fascinating part of Thailand.

Accommodation: ★★★★★

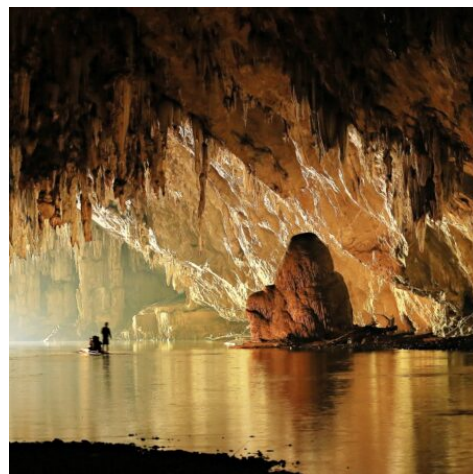
Included meals:

🏠 Kanlaya Resort
🏞️ Kanlaya Cobblestones Valley View

ⓑ Ⓛ

Included today:

✓ Mae Hong son and Cave tour with english speaking guide



DAY 10: Tham Lot

Karen Village walk

Karen Village walk – BUR-007

Your local Karen guide will show you around the village, the nearby fields and forest and explain about the daily life in this remote part of Thailand. Get introduced to the daily routine, local tales and culture on a leisurely walk of about 4 hours and includes a home-cooked lunch of typical regional food at a local Karen house. Afternoon free at leisure.

Accommodation: ★★★★★

🏠 Kanlaya Resort
🏞️ Kanlaya Cobblestones Valley View

Included today:

- ✓ Village walk with english speaking guide



DAY 11: Tham Lot - Chiang Mai

Windy Roads, Tea and Coffee Plantations

Windy Roads, Tea and Coffee Plantations – BUR-008

Today's trip takes you away from the main road and brings you closer to some small settlements along the mountain ridges between Mae Hong Son and Chiang Mai. Learn from a Chinese tea lover what it takes to produce high quality organic tea, may it be black, green or white – taste the difference. While we continue walking along the plantations, it's coffee time. See how coffee is grown, and how the locals process it into the final product - enjoy a fresh cup! Enjoy a home cooked lunch by one of the villagers, chatting about life in this part of Thailand and the new ways on how farmers make a living. Continue by car to your hotel in Chiang Mai

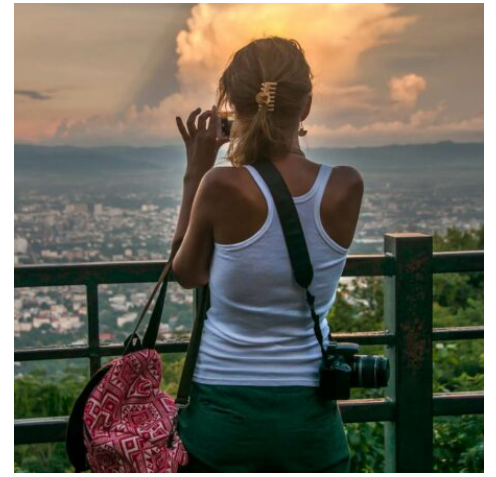
Accommodation: ★★★★★

🏠 Na Nirand hotel

🛏 Romantic Lanna Deluxe room

Included today:

- ✓ Private car to Chiang Mai



DAY 12: Chiang Mai

Free to explore the Chiang Mai City by your own

Today is free to explore the Chiang Mai City by your own

Night Rider – by Songthaew through Chiang Mai – CNX – 007 - (17:00 – 21:00)

This evening you will be picked up by Songthaew, a typical Thai mode of transportation, to explore the town from different perspectives. Hop on and enjoy the ride through the old town, where we will talk with monks to give them an opportunity to improve their English and visit some of the ancient Lanna temples. We sample some of the best street food popular with the locals and stroll through the city with your personal local host. As the sun slowly sets, we will sit and sip a drink to welcome the night – which we will be spending in small hidden bars that are home to talented young musicians. A fun night out – as wild as you wish!

Accommodation: ★★★★★

Included meals:

- 🏠 Na Nirand hotel
- 🛏️ Romantic Lanna Deluxe room

ⓑ

Included today:

- ✓ Evening tour with english speaking guide



DAY 13: Chiang Mai

Burmese Influences – a special dinner!

Vespa Tour – The insider’s Chiang Mai – CNX – 002 (08:00 – 13:00)

Experience the exotic culture and explore the quieter lanes and surrounding areas of this fascinating city riding pillion on our stylish Vespas. From the iconic Tha Phae Gate, we ride through a labyrinth of narrow lanes and winding, historic streets in the old city before the scenery opens up around us on picturesque forest lined roads. We head up to the top of the hill, where we reach a very famous & prominent temple, whose origins date back to the 7th century. Perched on the top, there is a serene Buddha statue that overlooks the beautiful countryside and we can absorb the culture and surroundings as we take in these incredible city and mountain views.

It’s back on the Vespas for an exhilarating ride downhill to an art & craft village in a cool garden setting. There’s a real community feel and a bohemian, laid back vibe where we mix with the hip and interesting locals and artisans. Next up, it’s a change of pace as we experience the bustle of Chiang Mai’s largest and most famous market where we can try the exotic local produce and fully embrace the chaotic Thai market experience & customs. Finally, it’s on to one of Thailand’s most stunning temples which had a spectacular makeover at the turn of this century by local silversmiths. It’s a truly incredible sight and a great photo opportunity where we finish our adventure by enjoying a light local lunch. Let our guides give you a unique local’s insight into Chiang Mai. Small group tour – operated by Vespa Adventures.

Burmese Influences – a special dinner! – CNX - 003

Chiang Mai has an enormous population of Shan and other Myanmar ethnic groups, who crossed the mountains to build up a new life in the city, or who have been living in the surrounding areas for a long time. Today we introduce you to a talented Burmese chef, who prepares a home-cooked dinner for you with Burmese influences.

Accommodation: ★★★★★

Included meals:

- 🏠 Na Nirand hotel
- 🍷 Romantic Lanna Deluxe room

ⓑ ⓓ

Included today:

- ✓ Half day Vespa tour
- ✓ Home cooked dinner



DAY 14: Chiang Mai - suvarnabhumi airport

Farewell North Thailand

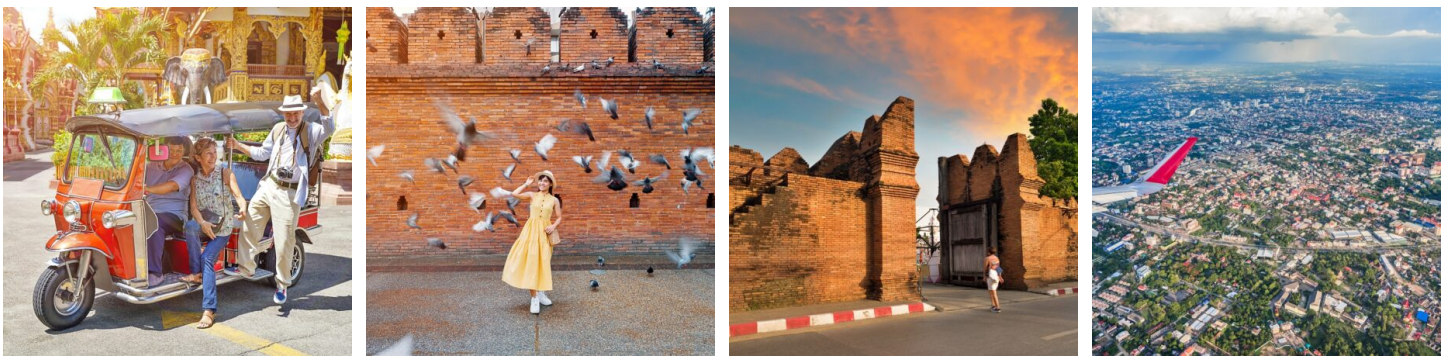
Free at leisure till the driver picks you up from hotel for transfer to Chiang Mai airport to take the homeward flight.

Included meals:

Ⓑ

Included today:

- ✓ Private car hotel to airport



Additional info

Included in the price:

- Mentioned meals in the program.
- Named hotels in the program.
- Activities as described in the program
- 24/7 assistance

Not included in the price:

- Meals not mentioned
- International flights
- Cambodia visa. (\$ 30, - + 1 passport photo)
- Personal expenses, drinks
- Travel insurance
- Tips for guides / drivers

General Information

- No parts of this program have been reserved yet. We will start making reservations once we receive an agreement for this. If a certain room type or accommodation is no longer available at the time of booking, we will propose an alternative.
- The price may change based on the availability of the room at the time of booking and the cost of regional flights at the time of issue.
- Land transfers from destination A to destination B are carried out by local drivers. We always try to find English-speaking drivers for our guests. However, it may happen that they do not always speak English well or only a few words.
- A description of a tour is always a standard description. Actual programs may always vary slightly, depending on the (weather) conditions. However, the intention of the tours always remains the same.
- Standard check-in time is from 2:00 PM. Standard check-out time is at 12:00 PM. Early check-in or late check-out can be booked for an additional fee.
- When making reservations, we always indicate the preference for bedding (double bed or twin beds), rooms next to each other or connected by a door. In most cases (95%) we get this, but we cannot guarantee this.