

20 Low Carbon Travel Routes

"HERO Low Carbon"

Tourism Authority of Thailand

20 Low Carbon Travel Routes

We often wonder about and question whether "traveling" can contribute to the enrichment of the environment and its ecosystems. If we define traveling as an act of departing from one place and heading to another, for whatever reasons or purposes, such as leisure, learning, gaining new experiences, or discovering inspirations for our lives, a "new" trip in this age of COVID-19 may be a great opportunity for us to travel throughout Thailand. As we explore and discover new beauties of life by taking tours, experiencing the culture, and immersing ourselves in abundant natural resources, we will also aim to reduce our negative impacts and produce positive impacts. To ensure sustainability for the environment, the "20 Low Carbon Travel Routes" of environmental conservation throughout Thailand and associated tourist activities were designed with the principles of Low Carbon Tourism in mind, allowing travelers to easily become "heroes" on every trip. Let's rehabilitate and conserve the environment during our joyful trips through diverse destinations with 5 types of Low Carbon Tourism: Slow Life, Gastronomy, History, Adventure and Wellness.

Your travel experience will never be the same, because apart from awakening our "heroic" sense in terms of environmental conservation and responsible tourism, we will also become part of the efforts to stimulate the economy and build sustainable happiness.



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4 "HERO Low Carbon" Concept **HERO**

1. **Healthy**

An up-to-date concept of traveling in which the focus is on the traveler's health, safety, and hygiene regarding the trip itself, the activities involved, and on the food.

2. **Enjoy Activities**

Traveling is a great way to have fun and relax. It is also a way to learn more about Low Carbon Tourism and effectively exchange the traveler's experiences with those of resource owners.

3. **Responsibility**

Create inspiring activities aiming to foster a sense of collective responsibility regarding the environment, and return value to society throughout the journey.

4. **Overcome**

Meet the targets of Low Carbon Tourism by restoring nature's balance and stimulating the country's economy through traveling.

Awakening Your “Heroic” Sense with Low Carbon Tourism

Let’s awaken our “heroic” sense with Low Carbon Tourism to help the tourism sector recover from the COVID-19 pandemic, restore growth to the Thai economy and make a positive impact on the environment. The 20 Low Carbon travel routes are based on the principle of “Low Carbon Tourism”, focusing on being environmentally friendly, minimizing our damages to the environment, and reducing as much as possible the greenhouse gases generated by our travel activities. Doing all of these, however, does not mean we have to compromise on the fun, happiness, and safety of our trips.

Principles for Low Carbon Tourism

The Low Carbon Tourism principle entails travel activities that limit the use of electrical and fossil fuel energy, emphasize renewable energy, use products made from natural or biodegradable materials in order to reduce the volume of garbage, and consume food in moderate amounts to reduce food waste. The key aims are to lower the amount of greenhouse gases released into the atmosphere and to minimize our environmental impact.



A lush tropical forest with a river and a person in a kayak. The scene is filled with dense green foliage, tall trees, and a calm river. Sunlight filters through the canopy, creating a dappled light effect. A person is visible in a kayak on the river in the lower right corner.

How Can We Measure Low Carbon Tourism?

To measure the results of Low Carbon Tourism, we measure the amount of greenhouse gases generated from tourist activities, traveling, energy use and waste management. Quantitative data is collected and calculated using the following formula:

$$\text{Carbon Emission} = \text{Activity Data} \times \text{Emission Factor}$$

The results show the amount of greenhouse gases emissions from all travel activities, which reflect how high or low the impact of Low Carbon Tourism will be compared to the impact of general tourism activities.

Based on the data from Thailand Greenhouse Gas Management Organization (TGO)

Carbon Offset

A carbon offset is a way to compensate by funding an equivalent carbon dioxide saving elsewhere, which aims to completely eliminate tourism-related greenhouse gases emission. This can ensure that tourism can contribute to reducing its own environmental impact while also building towards sustainability.

Travel agency and company offering compatible tour programs can Contact: the Carbon Market - set up by Thailand Greenhouse Gas Management Organization (TGO) - to buy carbon credit from emission saving projects in order to balance out those carbon emissions. By this carbon offsetting, Carbon Neutrality can be achieved and it's a way to show social responsibility by helping to cut tourism-related greenhouse gas emissions, thus creating a unique selling point and adding value to tourism.

1

Organizing
Low Carbon tourist
activities

2

Calculating the amount
of greenhouse gas
emissions from tourism
activities

3

Contacting the Carbon
Market and buying
carbon credit to offset
the emissions

4

Making a record of
each instance of carbon
offsetting

Example of Low Carbon Travel Route

"BAAN THAM SUE", a journey of Zero-Carbon

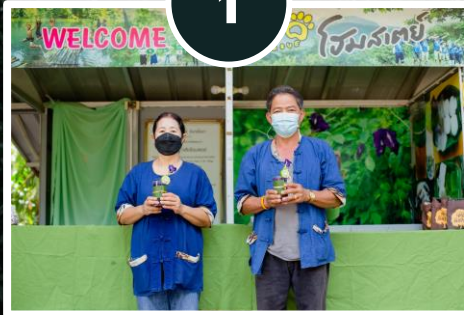
General Route

Carbon emissions 182.5289 kgCO₂eq

Low Carbon Route

Carbon emissions 70.2203 kgCO₂eq

1



Welcome to "BAAN THAM SUE COMMUNITY"

1.86 kgCO₂eq

2



Trees in the bank

0.39 kgCO₂eq

3



Made from nature

0.00 kgCO₂eq

4



BAAN THAM SUE

Master chef

4.87 kgCO₂eq

5



It's lunch time

59.77 kgCO₂eq

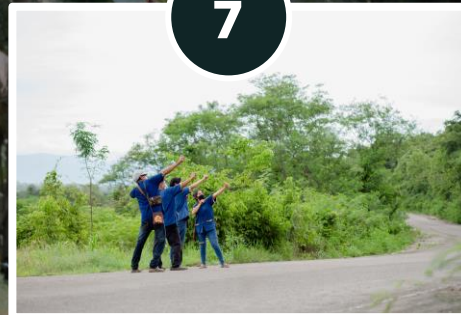
6



Please save room for dessert

1.85 kgCO₂eq

7



Pull the trigger

0.49 kgCO₂eq

8



BAAN THAM SUE Rafting

0.99 kgCO₂eq

20 Low Carbon Travel Routes's Guidelines

Lower Energy Use

- Use renewable energy, such as solar energy and wind energy, in tourist destinations.
- Use products with energy - saving labels.
- Organize activities with low energy usage or activities that require no fuel energy and electric energy.

Change Methods of Travel

- Walk or cycle instead of using cars or motorcycles.
- Use public transport or carpools.
- Cut back on using fossil fuel vehicles.

Reduce Carbon emission from food

- Serve food in moderately-sized portions to reduce food waste.
- Add more plant-based diets to your program instead of meat to reduce greenhouse gas emissions related to the livestock industry.
- Choose organic food and ingredients to reduce greenhouse gas emissions related to chemical usage.
- Cut back on importing ingredients or food from outside the area to reduce fuel usage from transport.

Waste Management

- Use a proper system of waste separation and disposal.
- Reduce the usage of foam boxes and single-use plastic.
- Use natural or biodegradable materials and containers.

Which Type of Hero Low Carbon are you?

01 Adventure

You focus on eco- and adventure-style tourism. You seek out destinations rich in natural resources and full of eco-style things to do. You want the balance between tourism and environmental conservation. While you enjoy relaxing in natural surroundings, you also want excitement, fun, challenges, and new experiences from your travel. You love adventure and care deeply about the environment at the same time.

02 Gastronomy

You want your trip to have a combination of nature, culture, lifestyles, ingredients, and local wisdom. You like to taste local, chemical-free agricultural products. You love experiencing locally-made dishes while learning how to cook in a low-carbon way. You know the importance of culinary cultural exchanges through tourism, especially for tourists who love eating.

03 Slow Life

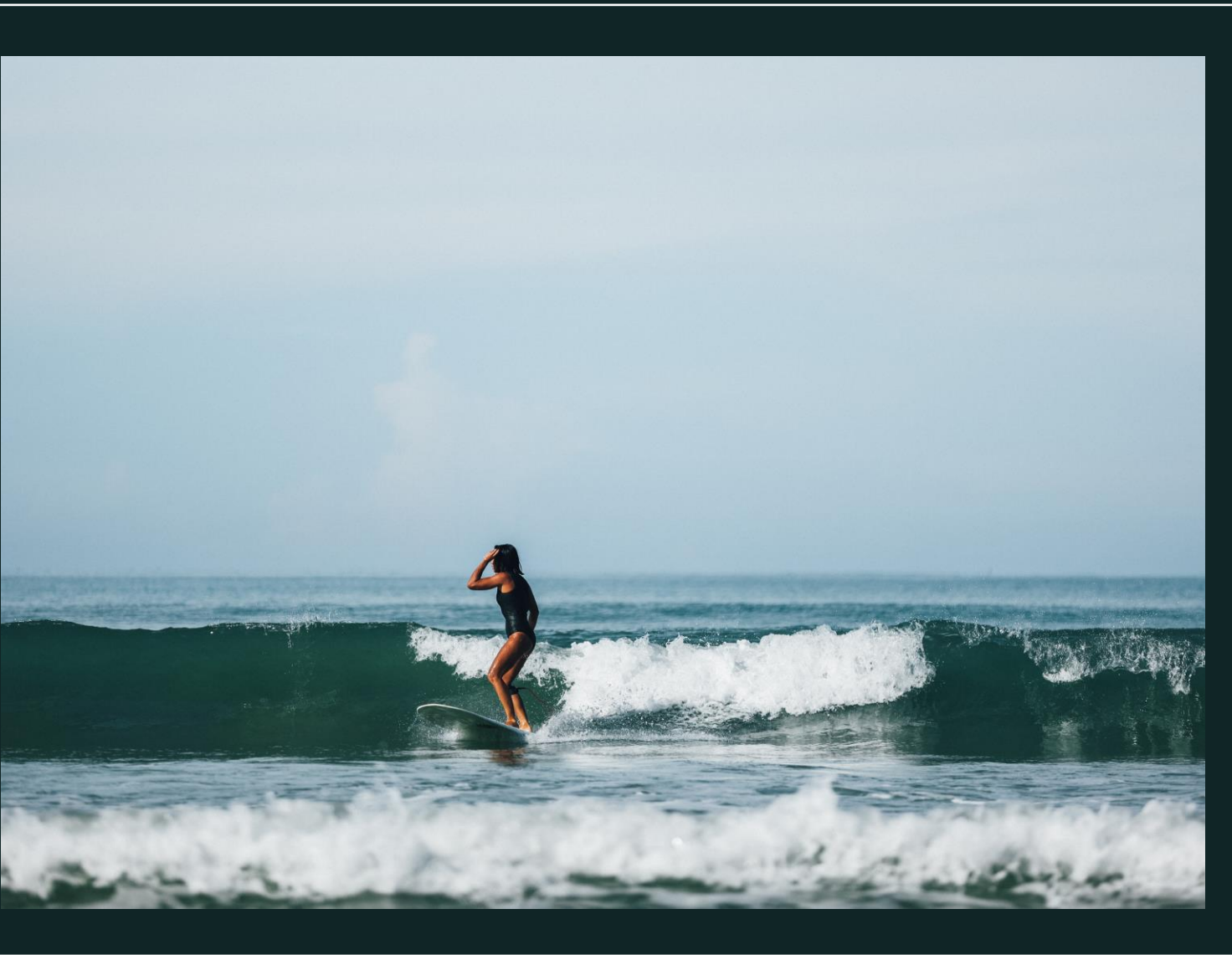
There is nothing you love more than going on a trip that really lets you take some time off from your busy schedule. You want to simply follow your heart and move slowly along the rhythm of life. You like to spend time truly appreciating the values of local people. You are a fan of a relaxed style of travel as you walk, cycle, and move from place to place without hurry. Whether by trying some local cuisine, learning about the local culture, or just deeply experiencing the local way of life, beautiful memories can be created.

04 History

You enjoy history and cultural learning. You travel to explore and discover the past, gaining deeper knowledge of local stories and culture. As the charm of history pulls you in, you may also learn something new about archaeology almost as if you were able to travel back in time. You also make sure that amidst all the excitement, conservation is important too.

05 Wellness

You travel to cure your ailments or just to improve your health. In other words, you travel to relax and seek better health. As you get a traditional massage, have a Thai herbal sauna session, or take part in one of the many other activities available, you come to appreciate that you can take care of your health and the environment at the same time. The beautiful nature and the healing powers of the environment are great for restoring the balance between your body and your mind.



01

Adventure

An Eco-Focused Adventure

Prepare your body and mind as you embark upon a journey of eco-adventure. Immerse yourself in destinations rich with natural resources. Enjoy an experience full of fun, excitement, and challenges that are sure to give you a lot of new experiences.

“Adventure”

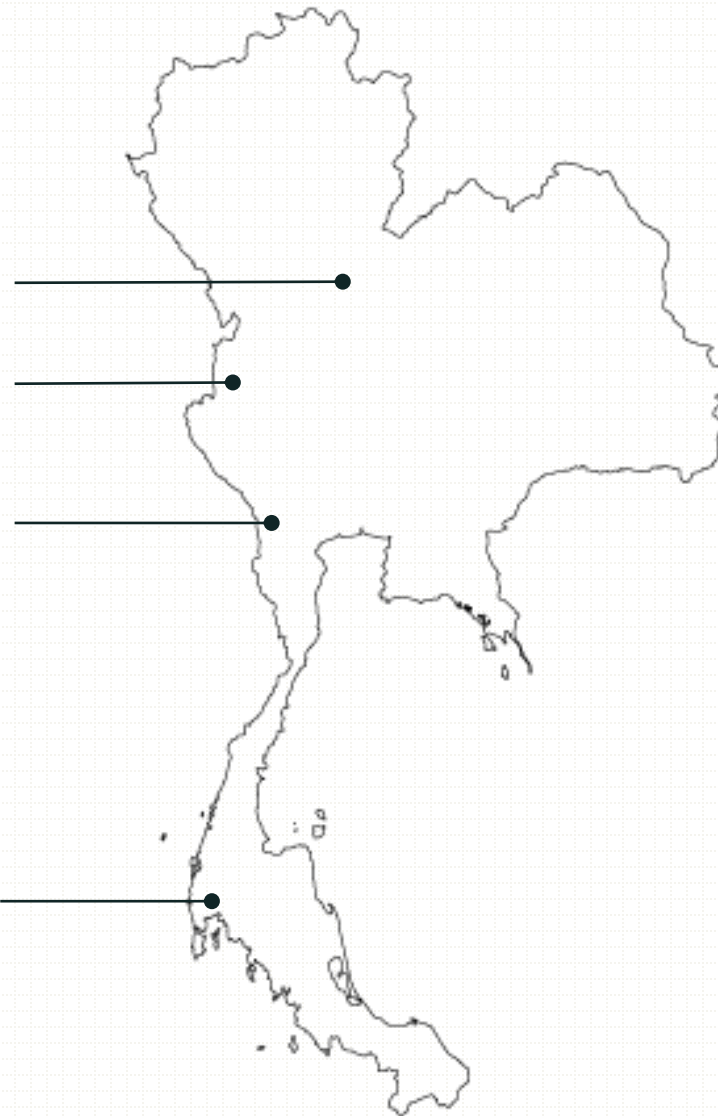
Prepare your body and mind as you embark upon a journey of eco-adventure. Immerse yourself in destinations rich with natural resources. Enjoy an experience full of fun, excitement, and challenges that are sure to give you a lot of new experiences.

Baan Mung
Phitsanulok

Umphang
Tak

Chong Sadao
Community
Kanchanaburi

The Little Amazon
Memories Beach
Phang Nga



Adventure

The Little Amazon Memories Beach Phang Nga

Go surfing at Khao Lak and go kayaking through the banyan forest in Takua Pa District.



About this route

Take a vacation and pack your bags for a long time with exertion in natural light at Takua Pa. Pamper the adventurer with a kayak trip along the Sang Ne Canal in the ancient banyan forest, a mangrove forest known as the Little Amazon. Let's try to be a mahout at Khao Lak Elephant Home. You will be trying to stay close with the elephants whether feeding or bathing. Alternatively, you can put on your sunglasses and bask in the sun in Khao Lak and go surfing. A popular outdoor activity that should not be missed for adventurous heroes who enjoy eco-conscious tourism activities without carbon emissions.

Low Carbon concept

- Energy consumption: Non-fuel outdoor activities include kayaking and surfing.
- Waste Management: Reduce the generation of plastic and foam waste in all tourism activities to avoid carbon emissions from internal combustion engines.



Highlight activities

- Go kayaking at Sang Ne Canel or Little Amazon
- Feed – Bathe the elephants at Khao Lak Elephant Home
- Go surfing at Memories Beach

Low Carbon activities

- | | |
|------------------------|-----------------------------|
| • Kayaking | 0.0000 kgCO ₂ eq |
| • Elephant Food making | 7.8760 kgCO ₂ eq |
| • Surfing | 0.0000 kgCO ₂ eq |

General Route

(Traveling through tourist routes in Phang Nga)

- Carbon emissions 182.5289 kgCO₂eq

Low Carbon Route

(Kayaking, surfing and playing with elephants in Phang Nga)

- Carbon emissions 47.3424 kgCO₂eq

Carbon Emission: 4.7342 kgCO₂eq per person



Recommended accommodation:

- Bangsak Village Resort 076 584 050
- Eden Beach Resort and Spa 076 410 186
- The Briza Beach Resort Khao Lak 076 428 600

Contact:

Company/Community: Khaolak Land Discovery Co., Ltd.
 Address: 21/5 Village No. 7, Baan Khao Lak, Phang Nga 82190
 Telephone: 076 485 411 or 081 979 0684
 Email: info@khaolaklanddiscovery.com

Baan Mung Phitsanulok

Hunt for the morning light at Baan Mung Nuea along with Low Carbon tourism.



About this route

Phitsanulok is one of the second-tier cities that is outstanding both natural and cultural aspects and packed with activities throughout the year. If you have a chance to visit this city, try to take a rest at Baan Mung Nuea where we want you to sit still and gaze at the 360-million-year-old limestone mountains slowly. Spend your time with the wonders of nature on the peak of the Rong Ruea Ta Muen Mountain. Let's explore the beauty of the mountain top with 360-degree views while chasing the morning sun, enhance your health with short-distance trekking activities or cycling to enjoy the view as a "hero" on the adventure route or walk into a cave to admire the beauty and listen to local legends, recharge your energy with local food such as Khao Daek Nga. If you have a chance to stay overnight, don't forget to bring binoculars to watch the millions of bats fly in the evening.

Low Carbon concept

- Energy Consumption: Doing low-power outdoor activities such as mountain climbing, trekking, caving.
- Waste Management: Breakfast is rice wrapped in banana leaves on the top of the mountain. It is biodegradable and reduces local plastic waste.
- Food: Opt for low-fuel cooking meals such as vegetarian dishes or salads.



Highlight activities

- Ride a bike to see the limestone mountains lined up.
- Pay homage to Luang Por Boonmee at Wat Baan Mung and visit Nang Sipsong Cave to listen to the legend of Phra Rot Meree.
- Watch millions of bats fly out in the evening.
- Climb the mountain to conquer the peak of Rong Ruea Ta Muen Mountain.

Low Carbon activities

- | | |
|------------------------|-----------------------------|
| • Climbing | 0.2686 kgCO ₂ eq |
| • Dessert Making class | 7.9987 kgCO ₂ eq |
| • Cave Tour by foot | 0.0110 kgCO ₂ eq |

General Route

(Traveling through tourist routes in Phisanulok)

- Carbon emissions: 124.8999 kgCO₂eq

Low Carbon Route

(Hunt for the morning light at Baan Mung Nuea along with low-carbon tourism.)

- Carbon emissions: 83.6760 kgCO₂eq

Carbon Emission: 8.3676 kgCO₂eq per person



Recommended accommodation:

- Jumlta Campiness @ Noen Maprang 081 806 5444
- CHID Thammachat 081 893 9464
- Phongtang's Garden Hill 089 808 0064

Contact:

Company/Community: Baan Mung Nuea Tourism Community
 Address: Baan Mung Subdistrict, Noen Maprang District, Phitsanulok 65190
 Telephone: 084 724 0185

Chong Sadao Community Kanchanaburi

Rafting, jungle trekking and natural bathing
at Chong Sadao



About this route

Fill your life with color with jungle rafting and rafting activities at Chong Sadao, a green area next to the Khwae Yai River where people, forests, and wildlife coexist with each other. The problem of wild elephants invading the community's farming area led to the idea of beekeeping as a fence line to protect wild elephants. Using nature to solve problems can be unharmed for wild elephants, crops are still plenary, and can cultivate honey from honeybees as well. It is an all-encompassing nature-educational route whether it be fun rafting, walking in the footsteps of wild elephants or exploring the ecosystem for the "advantageous hero" who enjoys nature without polluting the environment.

Low Carbon concept

- Energy Consumption: Outdoor activities do not use energy such as box beekeeping, tree planting, hiking, and rafting.
- Food: Dine on local ingredients.
- Travel: Flexible rafting from local operators.
- Waste Management: Reduce plastic and foam waste in all tourism activities.



Highlight activities

- Learn how to raise box bees to protect wild elephants
- Trek to study nature and follow the trail of wild elephants
- Rafting on Khwae Yai River
- Take a walk and see the beautiful scenery on of Srinakarin Dam

Low Carbon activities

- | | |
|-------------------|-----------------------------|
| • Apiculture tour | 0.3270 kgCO ₂ eq |
| • Trekking | 0.0000 kgCO ₂ eq |
| • Rafting | 2.8168 kgCO ₂ eq |

General Route

- (Traveling through tourist routes in Kanchanaburi)
- Carbon emissions: 159.1344 kgCO₂eq

Low Carbon Route

- (Rafting, jungle trekking and natural bathing at Chong Sadao)
- Carbon emissions: 45.0029 kgCO₂eq

Carbon Emission: 4.5003 kgCO₂eq per person



Recommended accommodation:

- Le Bassin Erawan Resort 092 617 5111
- Boutique Raft Resort River Kwai
- 081 831 7523
- Wang Jai Kwang Space Inn
- 099 056 5678

Contact:

Company/Community: Baan Chong Sadao
 Community, Kanchanaburi
 Address: Chong Sadao Subdistrict,
 Kanchanaburi Municipality, Kanchanaburi 71190
 Telephone: 081 773 3857

Umphang Tak

Carbonless Thi Lo Su Waterfall Adventure



About this route

Just by mentioning “Umphang”, an adventurer spirit immediately surges with wrathfulness in the forest. The nature path seems difficult but has the charm of the wild west of Thailand that invites us to forget the hardships. It is rich in the beauty of the heart of Umphang in the name of “Thi Lo Su Waterfall”. You will be amazed at the Rainbow Waterfall as a gem. It is like a reward for travelers at the finish line. Besides enjoying the greenery and the mist on the water surface, there are also rafting along the various rapids to see the nature around. Then go on a carbon-neutral walk in a wildlife sanctuary to study the ecosystem to learn the management of local people who play an important role in resource development and management. Umphang is the ideal route for adventurous travellers who want to conquer the beauty of the largest waterfall in Thailand. Let you be back home with the pride of making the least impact on the environment.

Low Carbon concept

- Energy Consumption: Non-powered outdoor activities such as white-water rafting, trekking, waterfall viewing.
- Travel: White water rafting by rubber boat and waterfall trek by carpool public minibus to reduce fuel consumption.
- Waste Management: Have lunch in reusable containers. or natural raw materials that are easily biodegradable in nature to reduce waste in tourism activities.



Highlight activities

- Rafting on the Mae Klong River
- Soak your feet in a natural hot spring in the middle of the forest.
- Explore the forest to see the nature trails at Umphang Wildlife Conservation Area.
- CSR social activity is to donate leftover medicine to Umphang Hospital.

Low Carbon activities

- | | |
|-----------------------|-----------------------------|
| • White-water rafting | 2.4663 kgCO ₂ eq |
| • Foot spa | 0.0000 kgCO ₂ eq |
| • Short hiking | 0.0000 kgCO ₂ eq |

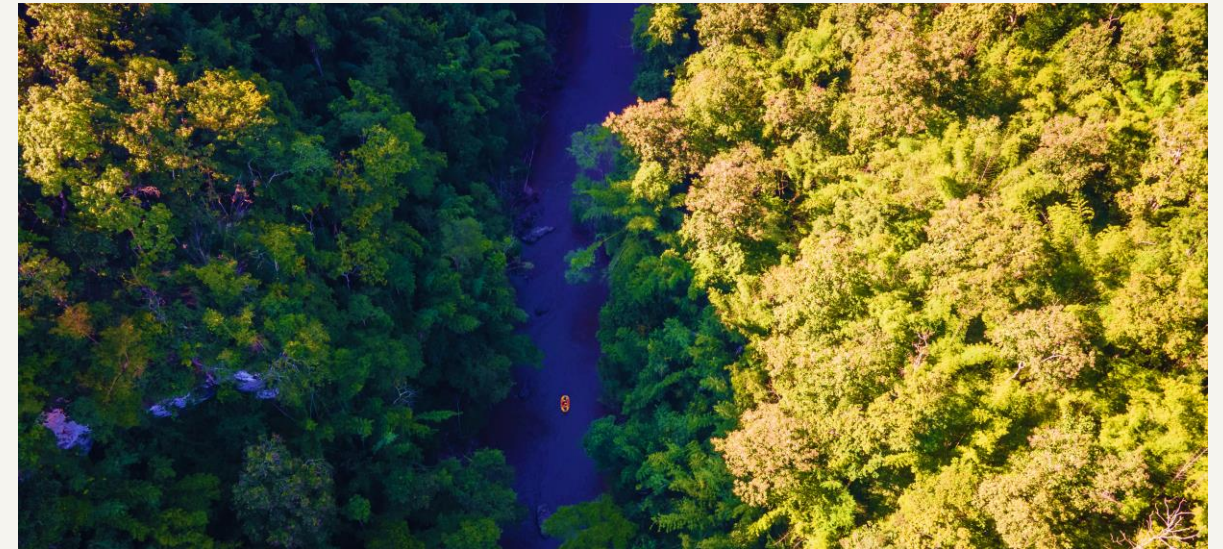
General Route

- (Traveling through tourist routes in Tak)
- Carbon emissions: 163.7634 kgCO₂eq

Low Carbon Route

- (Carbonless Thi Lo Su Waterfall Adventure)
- Carbon emissions: 69.5392 kgCO₂eq

Carbon Emission: 6.9539 kgCO₂eq per person



Recommended accommodation:

- Phudoi Campsite 098 456 1914
- Tukasu 081 825 8238
- Umphang Country Hut 055 561 079

Contact:

Company/Community: Umphang Tourism Promotion and Conservation Club
 Address: Umphang District, Tak 63170
 Telephone: 098 456 1914



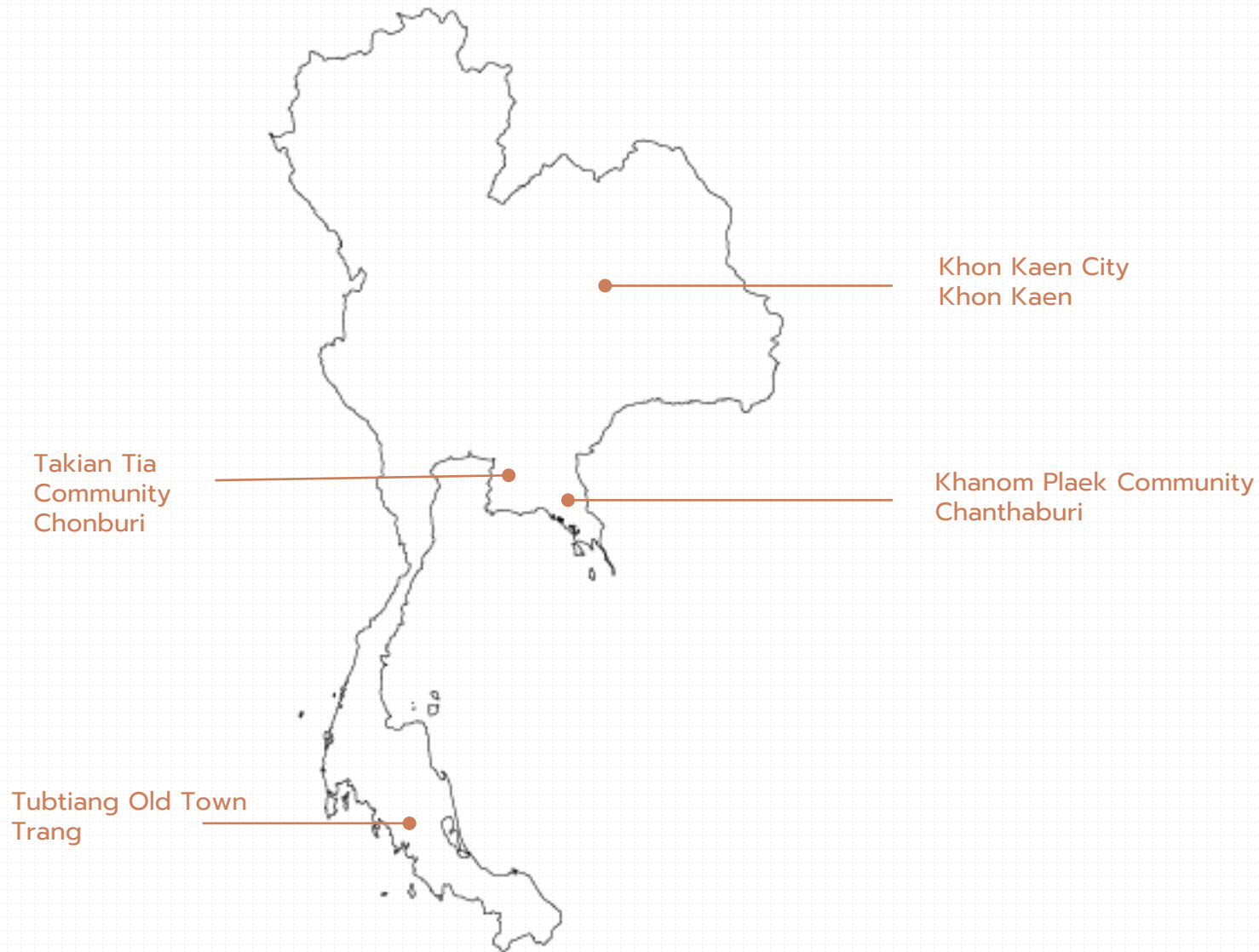
02

Gastronomy

A Food-Focused Trip for Food lovers

Prepare to be stuffed with healthy, locally made dishes that cater to both the visitors and the environment. Ingredients are locally sourced from organic farms and cooked in a low-carbon way. Every dish is served in a moderately-sized portion to minimize food waste.

“Gastronomy”



Prepare to be stuffed with healthy, locally made dishes that cater to both the visitors and the environment. Ingredients are locally sourced from organic farms and cooked in a Low Carbon way. Every dish is served in a moderately-sized portion to minimize food waste.

Gastronomy

Low Carbon
Travel Routes

Takian Tia Community Chonburi

At Takian Tia, eat it all to reduce carbon



About this route

You don't have to waste time traveling for a long time because Takian Tia Community is in Chonburi, quite close to Bangkok. Although the destination is not popular for its beautiful sea, white sand beach like others in Thailand, we assure you that we enjoy here so much with many reasons, certainly peaceful beach. Just prepare your belly and open your mind to learn how to save the world with the "gastronomy" route with coconuts. Get to know the community that integrates the environmentally friendly wisdom of farmers without relying on chemicals. Exploring every part of coconut which you'll enjoy the whole, you can eat savory and sweet creations from every part of it. Coconut shells are containers that are not considered as waste. When the sun starts to set, we invite you to ride a bicycle along the coconut groves or visit Baan Roi Sao for cooking, cutting Ma-Hote, folding pandan roses as well as traditional singing. All kinds of happiness and fun with reduced energy consumption in a shady and friendly atmosphere.

Low Carbon concept

- Travel: Reduce fuel consumption by cycling.
- Food: Use local coconuts as the main raw material.
- Waste management: Use reusable food containers instead of single-use plastic.



Highlight activities

- Taste fresh coconut coffee with a mild flavor and aroma of coconut milk.
- Cook Chicken Curry with Coconut Shell and Fresh Shrimp Paste.
- Learn how to process and peel coconuts.
- Learn how to make taro balls in coconut milk from the community garden.

Low Carbon activities

- | | |
|------------------------|-----------------------------|
| • Walking Tour | 0.0000 kgCO ₂ eq |
| • Dessert making class | 0.7954 kgCO ₂ eq |
| • Coffee drip | 8.8569 kgCO ₂ eq |

General Route

(Traveling through tourist routes in Chantaburi)

- Carbon emissions: 157.8541 kgCO₂eq

Low Carbon Route

(Walk along the Chanthaboon waterfront to taste exotic and rare desserts.)

- Carbon emissions: 47.6658 kgCO₂eq

Carbon Emission: 4.7666 kgCO₂eq per person



Recommended accommodation:

- Cape Dara Resort Pattaya 038 933 888
- Cholchan Pattaya Beach Resort 038 702 777
- Wave Hotel Pattaya 038 410 577

Contact:

Company/Community: Takian Tia Community
 Address: Moo 3, Takian Tia Subdistrict Bang Lamung District Chonburi Province 20150
 Telephone: 098 412 1712
 Email: takhiantia@gmail.com

Khon Kaen City

Khon Kaen

Enjoy delicious food, live eco-friendly way in Khon Kaen



About this route

Prepare your belly, pack your bags and head to Khon Kaen, an innovative tourist destination in the Northeast where delicious food is hidden scattered along the alleys for the "gourmet hero" to eat in a way that saves the world. Let's start from Em-Ot restaurant in the morning to welcome the new day with a menu of Vietnamese dishes that have been open for more than 30 years by ordering pan-fried eggs or Chinese noodles. Then, go to Dotlimited, an eco-friendly chic shop that pushes to reduce everyday waste by coming up with great ideas that you can easily do yourself. For example, old packaging to add spices or curry to take home without creating waste for the world. Last but not least, relax at the Plook Suk Farm, a cafe and restaurant that uses ingredients from agricultural gardens and chemical-free backyard fields. You will learn how to manage the area for maximum utilization, use the produce and waste materials to create value and add value according to the Sufficiency Economy Philosophy.

Low Carbon concept

- Energy Consumption: Low energy travel activities such as eating delicious food, picking vegetables in the garden and outdoors.
- Waste management: Make cloth bags upcycled to extend their lifespan instead of adding new waste by using the containers prepared to put things at Dot Limited.
- Food: Cook organic and chemical-free salads to reduce meat consumption.





Highlight activities

- Have breakfast at the famous Em-Ot in Khon Kaen.
- Shop under the concept of reducing waste to zero at Dot Limited.
- Workshop to make upcycle bags printed with natural colors.
- Cook organic and local vegetable salad at Plook Suk Farm.

Low Carbon activities

- | | |
|----------------------|-----------------------------|
| • Upcycling workshop | 0.3320 kgCO ₂ eq |
| • Cooking class | 0.7301 kgCO ₂ eq |
| • Farm Tour on foot | 0.0000 kgCO ₂ eq |

General Route

(Traveling through tourist routes in Khon Kaen)

- Carbon emissions: 5.5567 kgCO₂eq

Low Carbon Route

(Enjoy delicious food, live eco-friendly way in Khon Kaen)

- Carbon emissions: 52.6074 kgCO₂eq

Carbon Emission: 5.2607 kgCO₂eq per person



Recommended accommodation:

- Green Hotel and Resort Khon Kaen
- 043 247 222
- Avani Khon Kaen Hotel
- 043 209 888
- Rachawadee Resort and Hotel
- 043 468 222

Contact:

Company/Community: Thai Dream Tour Co., Ltd.
 Address: 33/17 Soi Suphatira,
 Mueang Khon Kaen District Khon Kaen 40000
 Telephone: 089 711 8331
 Email: thaidtours@gmail.com

Khanom Plaek Community Chanthaburi

Walk along the Chanthaboon waterfront
to taste exotic and rare desserts



About this route

Chanthaburi is not only famous for fruits and gemstones. The prefecture also offers cultural, historical attractions, sightseeing activities and mouth-watering food. Chanthaboon waterfront community where people join in preserving Sino-Portuguese buildings and restored to become a tourist attraction with a nice atmosphere. Whether walking along the waterfront to pay homage to Maephra Patisonti Niramom Church, the largest and most beautiful Roman Catholic Church in Thailand. or cycling without causing pollution through retro alleys Not far from the waterfront community, taste sweets in the exotic dessert community where people still maintain their strange-looking desserts with unfamiliar names. For example, Khanom Kuy Ling, Khanom Hee Khwai, Khanom Chom Dao. It actually exists in Thailand for future generations to see and taste the ancient desserts.

Low Carbon concept

- Travel: Reduce fuel consumption by taking a walking tour of the exotic dessert community.
- Waste management: Manage the creation of plastic and use biodegradable materials to eat snacks in the exotic dessert area.
- Food: Have a meal at Bua Khao restaurant that uses local ingredients to reduce fuel consumption for importing raw materials from other sources.





Highlight activities

- Take a walk through the community of exotic desserts to taste traditional, hard-to-find desserts.
- Dine on local Chanthaburi food at Bua Khao Restaurant.
- Sip coffee at The Motives Eco Hotel.
- See the beauty of the Maephra Patisonti Niramon Church.

Low Carbon activities

- | | |
|------------------------|-----------------------------|
| • Walking Tour | 0.0000 kgCO ₂ eq |
| • Dessert making class | 0.9240 kgCO ₂ eq |
| • Coffee drip | 1.2848 kgCO ₂ eq |

General Route

(Traveling through tourist routes in Chanthaburi)

- Carbon emissions: 159.7364 kgCO₂eq

Low Carbon Route

(Walk along the Chanthaboon waterfront to taste exotic and rare desserts.)

- Carbon emissions: 39.3366 kgCO₂eq

Carbon Emission: 3.9337 kgCO₂eq per person



Recommended accommodation: Contact:

- Maneechan Resort: 039 373 666
- The Motives Eco Hotel
093 465 5353
- Peggy's Cove Resort 039 460 345

Company/Community: Chanthaburi CBT Travel Co., Ltd.
Address: 110 Sukhumvit Road, Phlapphla Subdistrict,
Mueang Chanthaburi District, Chanthaburi 22000
Telephone: 039 373 666
Email: info@chanthaburicbttravel.com

Tubtiang Old Town Trang

Explore Trang, a city of delicious foods with no carbon emissions.



About this route

Warmly welcome and take you to the well-known city with delicious food and peaceful land which closely combines culture with food and lifestyle. Exploring the culture of having 9 meals a day is the truth? Or overclaimed story. You will enjoy touring of the old town, Tubtiang community, to see Sino-European or Sino-Portuguese architecture on foot without pollution. Then, taking a picture with 3D street art on the streets of pedestrians along the alleys. If tired, you should not miss to take a tuk-tuk with a frog's head, a local transport service that Trang people have been sitting for more than 60 years. It's both economical and perfect for our planet as it does not generate more carbon footprint. Let's visit Trang, the city of Thai-Chinese-Peranakan food culture that will make your meal amazing than ever.

Low Carbon concept

- Energy consumption: low-energy tourism activities such as walking to find delicious food at various restaurants.
- Travel: Reduce fuel consumption by walking around the Tubtiang area.
- Waste management: Use reusable containers instead of foam.
- Food: Use local ingredients instead of imported from other sources. and Eat alternative food such as vegetables, fruits and herbs to reduce meat consumption. (Does not generate methane, a carbon source from livestock)



Highlight activities

- Eat delicious food in Trang
- Eat homemade food from local ingredients.
- Learn the secrets of Trang's original Kookming Cake.
- Visit Grand Dugong Statue, Trang's landmark.

Low Carbon activities

- | | |
|-------------------|----------------|
| • Baking workshop | 4.5098 kgCO2eq |
| • Walking Tour | 0.0000 kgCO2eq |
| • Cooking class | 8.3721 kgCO2eq |

General Route

- (Traveling through tourist routes in Trang)
- Carbon emissions: 177.0061 kgCO2eq

Low Carbon Route

- (Explore Trang, a city of delicious foods with no carbon emissions.)
- Carbon emissions: 73.0173 kgCO2eq

Carbon Emission: 7.3017 kgCO2eq per person



Recommended accomodation: Contact:

- Baan Bussaba Hotel 081 370 8997
- T&B Apartment Hotel 075 218 069

Company/Community: The Explorer Co., Ltd.
 Address: 292 Petchkasem Road, Na Ta Luang
 Subdistrict, Mueang Trang District, Trang 92000
 Telephone: 081 817 3604
 Email: jitchaya.june@hotmail.com

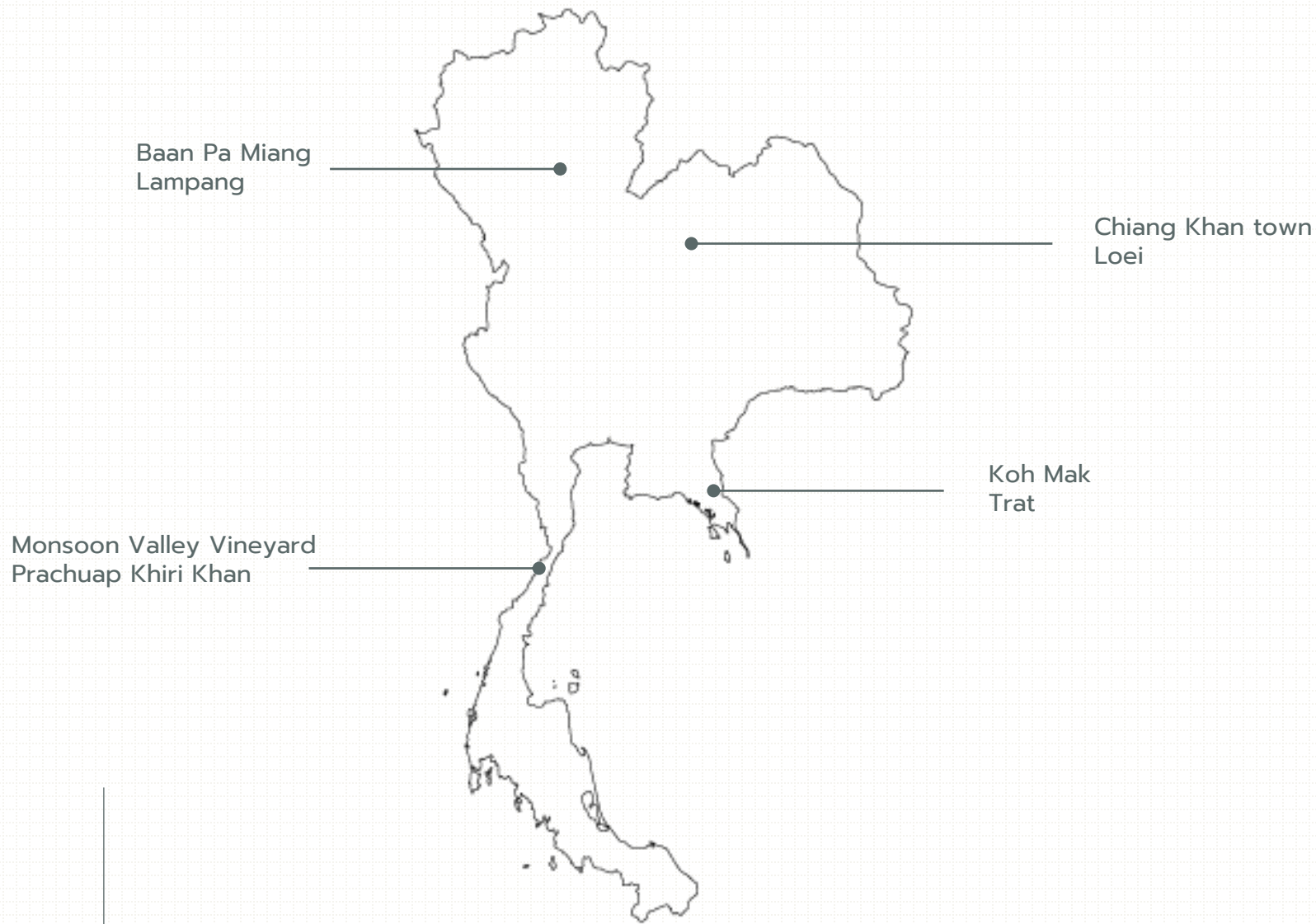


03

Slow Life

A Trip for True Relaxation

Feel free to take your time and move at your own pace. Simply focus on truly exploring the places and people. Have conversations, learn new things, and broaden your knowledge through activities that do not damage the environment.



“Slow Life”

Feel free to take your time and move at your own pace. Simply focus on truly exploring the places and people. Have conversations, learn new things, and broaden your knowledge through activities that do not damage the environment.

Slow life

**Low Carbon
Travel Routes**

Baan Pa Miang Lampang

Relax in the misty village in the middle of the valley and sip delicious Assam tea at Baan Pa Miang



About this route

Sit back, relax and take a sip of Assam tea, a plantation of wild tea leaves in the middle of the valley at Baan Pa Miang which is a small community in a comfortable atmosphere with mist in the morning. The people are smiling and welcoming. Villagers will invite us to collect Assam tea leaves. Then, they will take us to see the pots to boil old tea leaves for fermentation to make "Miang" and sell them to nearby villages or within the province until becoming a product that generates income for the community from birth until now. Assam tea leaf is a medicinal herb that is useful for enhancing energy. Drink it as a healthy morning tea. The community also cooks and processes them into tea leaf pillows that help deodorize. Try to sit and chill in the midst of nature or take a photo book and sit near the small stream that flows through the village to capture the atmosphere.

Low Carbon concept

- Energy consumption: Do non-powered excursions, trekking, and village tours.
- Travel: Reduce fuel consumption by taking a walk in the community.
- Waste Management: Reduce the use of single-use plastics
- Food: Choose food from local farms, menus from gnetum gnemon leaves, to reduce the import of raw materials from outside.



Highlight activities

- Short trekking and learning the way to grow and harvest Arabica coffee
- Learn to make pillows from tea leaves
- Enjoy roasting coffee beans, an income-producing occupation of the villagers of Baan Pa Miang
- Cook local food from the Assam tea leaves

Low Carbon activities

- | | |
|-------------------|-----------------------------|
| • Coffee workshop | 1.4589 kgCO ₂ eq |
| • DIY workshop | 1.0230 kgCO ₂ eq |
| • Walking tour | 0.0000 kgCO ₂ eq |

General Route

(Traveling through tourist routes in Lampang)

- Carbon emissions: 165.3088 kgCO₂eq

Low Carbon Route

(Relax in the misty village in the middle of the valley and sip delicious Assam tea at Baan Pa Miang)

- Carbon emissions: 35.4924 kgCO₂eq

Carbon Emission: 3.5492 kgCO₂eq per person



Recommended accommodation:

- Baan Tarn Rim Pha 089 901 9095
- Morn Bai Cha Homestay 086 438 7576

Contact:

Company/Community: Baan Pa Miang
 Community Tourism Group
 Address: Moo 7, Chae Son Subdistrict,
 Mueang Pan District, Lampang 52240
 Telephone: 084 894 9122

Chiang Khan Town Loei

Chill out at Chiang Khan, a joy trip without carbon emission.



About this route

Chiang Khan, one of the remarkable cities with two cultural countries of Thai-Laos on the banks of the Mekong River offer traditional wooden houses, cozy atmospheres, delicious food, and people preserving traditional arts and culture. No one visits only once as it is truly amazing. Many people come back to explore more and more with the concept that happiness never ends here. The more we visit, the more you love. Put your cap on and take the camera with you to enjoy the snap along the way to record the stories and happiness all in town. Ride a bike along the road aligning the Mekong River over 2.7 kilometers starting from Walking Street Soi 21 until Soi 0. No matter where we stop to look, the good point of view we guarantee. Let's take a walk in a quiet and relaxing way. Riding a bike to enjoy your day without rushing. It also reduces pollution easily in the style of "Hero Low Carbon".

Low Carbon concept

- Travel: Reduce fuel consumption by traveling on foot and cycling
- Energy consumption: Low power travel by doing outdoor activities.
- Waste Management: Use naturally composable bananas and papayas in Pha-Sad Loi Kroh and avoid creating plastic waste from tourism activities.





Highlight activities

- Pha-Sad Loi Kroh, a ritual of floating the sorrows into the Mekong River
- Learn the way of life of fishermen with the local fishing group of Chiang Khan.
- Take a cruise on the Mekong River to see the scenery on both sides of neighboring countries' Thai-Laos.
- Offering alms to monks with sticky rice that has been inherited for over 400 years of culture.

Low Carbon activities

- Green worship 0.9810 kgCO2eq
- Pha-Sad making workshop 1.8670 kgCO2eq
- Walk & Cycling 0.0000 kgCO2eq

General Route

- (Traveling through tourist routes in Loei)
- Carbon emissions: 146.3567 kgCO2eq

Low Carbon Route

- (Chill out at Chiang Khan, a joy trip without carbon emission.)
- Carbon emissions: 46.3670 kgCO2eq

Carbon Emission: 4.6367 kgCO2eq per person



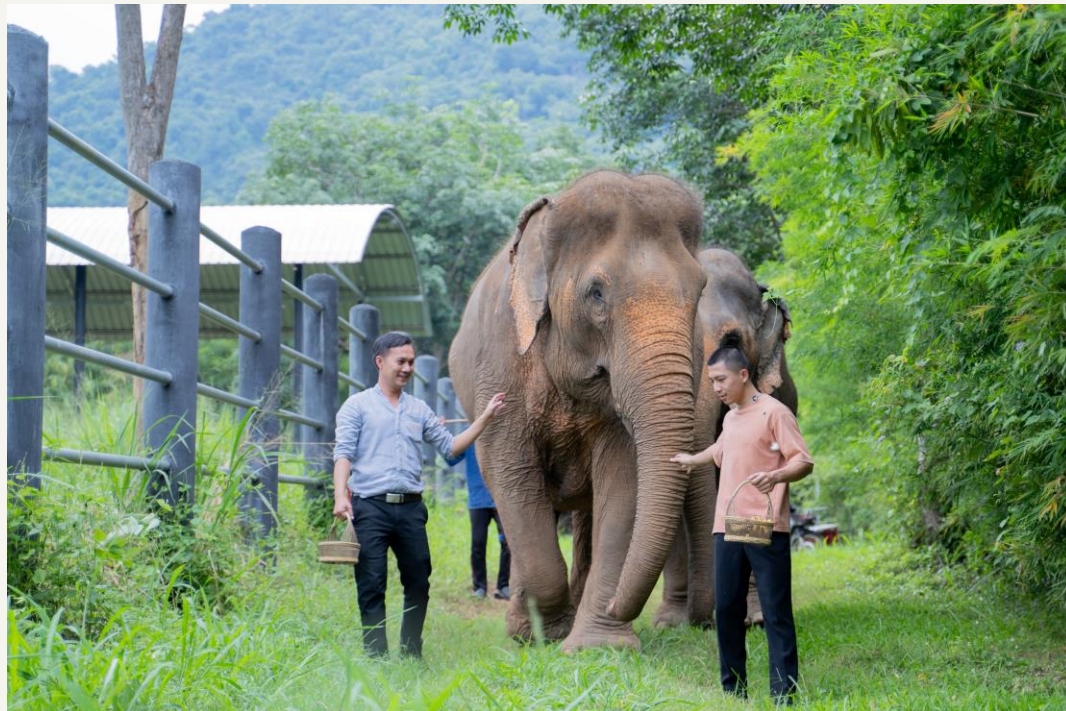
Recommended accommodation: Contact:

- Huan Yai Buppha 081 459 4479
- Suneta Hostel 086 999 9218
- Tonkong Guesthouse & Restaurant 089 394 0839

Company/Community: Chiang Khan Tour Guide Club
 Address: 62/1 Chai Khong Road, Chiang Khan District, Loei 42110
 Telephone: 042 821 879 or 089 394 0839
 Email: Benjamas@gmail.com

Monsoon Valley Vineyard Prachuap Khiri Khan

Sip wine and wander along the vineyards
at Monsoon Valley Vineyard



About this route

Experience the vineyards in a mesmerizing atmosphere. Let's relax with food, nature, and Thai grape wine. Only 35 kilometers from the city of Prachuap Khiri Khan, it heads straight to Khok Chang Subdistrict where Monsoon Valley Vineyard, a source of quality Thai wine from the local community and the local area nearby. Here, fertilizers are not required just relying on natural rainwater and water reservoirs for use in the dry season. Reform leaf scraps and wine waste such as grape skins and grape seeds to organic compost as the principle "the balance of nature is the greatest key to creating unique wines". In addition to that, the farming area is also divided into a vegetable garden for restaurants and employees. Let the free space be an animal habitat such as rabbits, various snakes, and monkeys to different species of lizards and wild fowls.

Low Carbon concept

- Travel: Use the farm's jeep as a one-way ride similar to the car pool concept.
- Food: Use vegetables from the farm to serve in the restaurant to reduce the import of raw materials from outside.
- Waste Management: Use reusable containers instead of single-use plastics.



Highlight activities

- Take a small jeep to see the vineyards (Vineyard Tour)
- Bottle label painting workshop
- Play with the kind elephant in the midst of a natural nursery
- Kui Buri National Park Vineyards and Wildlife Tour (Wine Safari)

Low Carbon activities

- | | |
|-----------------------|------------------------------|
| • Vineyard Jeep tour | 1.4798 kgCO ₂ eq |
| • Elephant experience | 10.0360 kgCO ₂ eq |
| • Painting workshop | 8.5391 kgCO ₂ eq |

General Route

(Traveling through tourist routes in Prachuap Khiri Khan)

- Carbon emissions: 171.4568 kgCO₂eq

Low Carbon Route

(Sip wine and wander along the vineyards at Monsoon Valley Vineyard)

- Carbon emissions: 45.9839 kgCO₂eq

Carbon Emission: 4.5984 kgCO₂eq per person



Recommended accommodation: Contact:

- Amari Hua Hin 032 616 600
- Wora Bura Hua Hin Resort & Spa 032 655 333

Company/Community: Monsoon Valley Vineyard
 Address: 1 Moo 9, Nong Phlap Subdistrict, Hua Hin District, Prachuap Khiri Khan 77110
 Telephone: 081 701 0222
 Email: info@monsoonvalley.com

Koh Mak Trat

Slow your life, listen to the heart of the sea
and relax at Koh Mak



About this route

Avoid the chaos of crowded people on the beach. Enjoy relaxing at "Koh Mak" is a good choice for you and loved one. It is ranked the 4th largest island in Thailand but it maintains the tranquility and beauty of nature. Although there are no such entertainment venues or well known tourist attractions, the true nature is the best. Coconut groves and rubber forests of the villagers coupled with the clear blue waters created by cooperation between entrepreneurs and local villagers, leading to sustainable tourism. It awaits "Relaxing Hero" to come and visit to your deep rest after hard work without using any electricity. Swim in the calm sea water and see the nice coral reefs. Cycle around the island to see the culture of islanders. Walk along the beautiful beach. Treat yourself with super fresh seafood. Sit back and see the last light of the day during sunset time without ruining the environment or creating carbon for the entire trip.

Low Carbon concept

- Energy consumption: Do outdoor activities, low energy use, kayaking, and surfboarding.
- Energy consumption: Travel with clean energy by taking a solar cell car.
- Waste management: Reduce the use of single-use plastic or styrofoam as food containers.
- Waste management: Separate waste and dispose properly.
- Food: Dine at Koh Mak Farm that uses vegetables from the backyard and cuts down on imports of outside ingredients.



Highlight activities

- Kayak and see coral reefs in shallow water
- Walk on a wooden bridge overlooking the sea at Koh Mak
- Snorkeling to see the ecosystem up close
- Corporate Social Responsibility of coral reef planting

Low Carbon activities

- | | |
|----------------------|------------------------------|
| • Tie-dye workshop | 25.1440 kgCO ₂ eq |
| • Coral reef growing | 6.3993 kgCO ₂ eq |
| • SUP Board | 0.0000 kgCO ₂ eq |

General Route

- (Traveling through tourist routes in Trat)
- Carbon emissions: 128.1960 kgCO₂eq

Low Carbon Route

- (Slow your life, listen to the heart of the sea and relax at Koh Mak)
- Carbon emissions: 69.4563 kgCO₂eq

Carbon Emission: 6.9456 kgCO₂eq per person



Recommended accommodation:

- Koh Mak Resort 089 600 9597
- Seavana Beach Resort Koh Mak 090 864 5646

Contact:

Company/Community: Koh Mak Farm
 Address: Moo 2, Koh Mak Subdistrict,
 Koh Kood District, Trat 23000
 Telephone: 097 946 2641

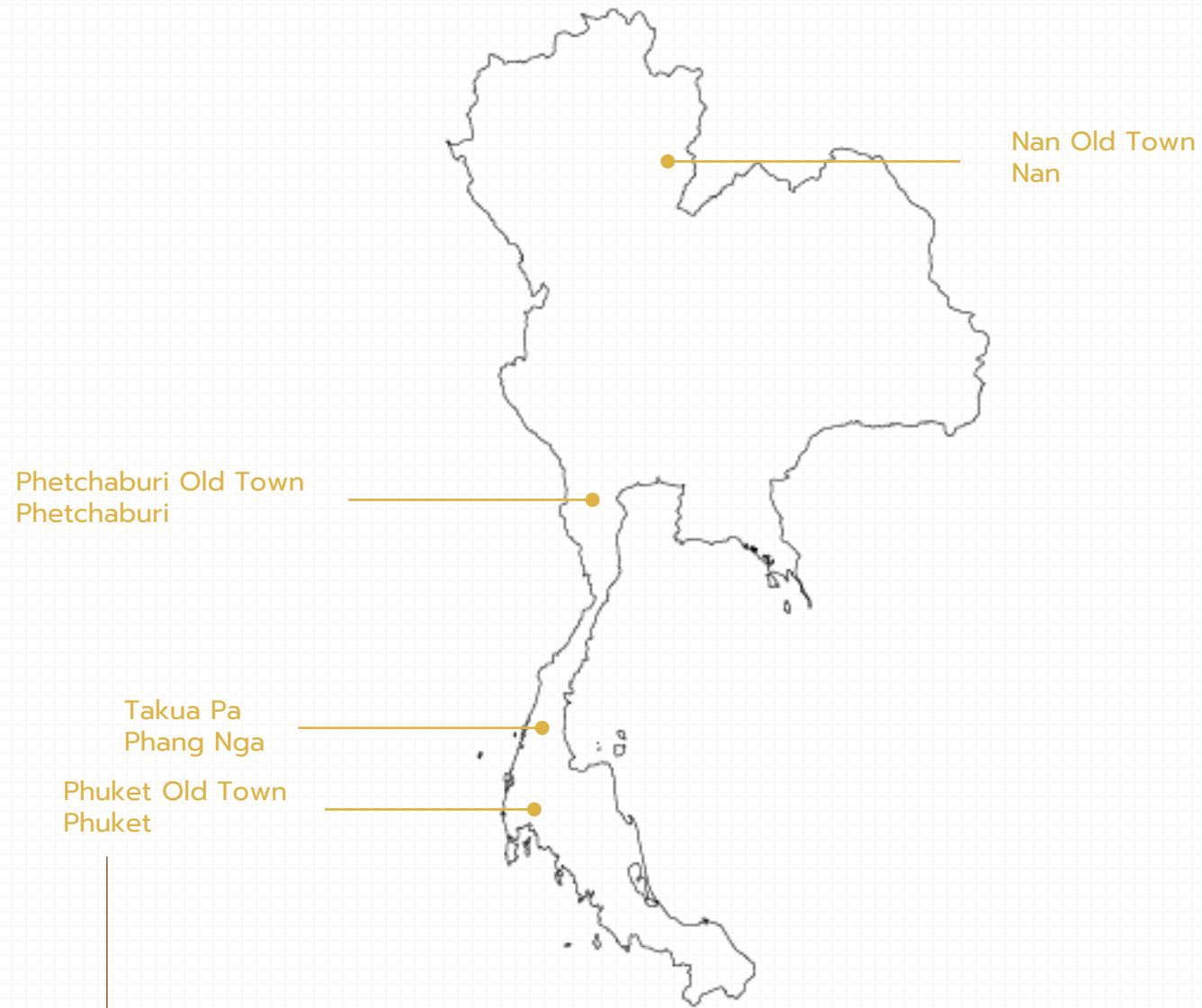


04

History

A History-Focused Trip

Engage with local history and become familiar with the community's culture. Appreciate the art and architecture that take you back through time. Become aware of responsible travel and the need to conserve the invaluable cultural heritage.



“History”

Engage with local history and become familiar with the community’s culture. Appreciate the art and architecture that take you back through time. Become aware of responsible travel and the need to conserve the invaluable cultural heritage.

History

Low Carbon Travel Routes

Nan Old Town Nan

Indulge in the history of the old city of Nan



About this route

Get back in time to see the charm of this old city “Nan” through the arts, culture, and architecture of Wiang Kao with amazing transportation that allows you to enjoy the moment longer. Say no to driving a car to take a tram along the route to “indulge in the history of the old city of Nan” and enjoy stories from the local people in their way of living and the key topic, “How Nan became one of the top 100 sustainable tourist destinations in the world”. Spend a little more time and live slowly in a nice atmosphere here. Pay respect to Phra That Chae Haeng and walk along the way to Klang Wiang. Stay focused and look into the magic picture of Pu Man Ya Man in Wat Phumin. Learn about the culture through sarongs, black tattoos, and the 100-year-old deportment of people. Explore nearby attractions such as Wat Chang Kham and the Nan National Museum. Let the sunlight shine in your fantastic photo with the plumeria arch. During evening time, cross over to the walking street as well as carrying reusable containers or cloth bags to find delicious food, and take a good time and enjoy slow life activities in front of Wat Phumin.

Low Carbon concept

- Energy consumption: Ride a low-powered tourist tram and tour the old neighborhoods by listening to stories. Worship both outdoors and inside the temple without consuming energy.
- Travel: Walk by foot at Wiang Kao, Wat Phumin, Wat Phra That Chang Kham, Nan National Museum, and walking street.
- Waste management: Make a flower cone activity and pay respect to Buddha images using materials that are easily biodegradable.



Highlight activities

- Enjoy the murals "whispering love and happiness" at Wat Phumin
- Visit the Nan National Museum and take a photo with the plumeria tunnel
- Make traditional carving and perform a ceremony to prolong the longevity
- Visit Khum Chao Mekwadi

Low Carbon activities

- | | |
|---------------------|-----------------------------|
| • Green Worship | 0.0000 kgCO ₂ eq |
| • Suay-Dok Workshop | 1.9620 kgCO ₂ eq |
| • Walking tour | 0.0000 kgCO ₂ eq |

General Route

- (Traveling through tourist routes in Nan)
- Carbon emissions: 158.0096 kgCO₂eq

Low Carbon Route

- (Indulge in the history of the old city of Nan)
- Carbon emissions: 65.1383 kgCO₂eq

Carbon Emission: 6.5138 kgCO₂eq per person



Recommended accomodation:

- Nan Boutique Hotel & Resort
054 775 532
- Nan Nirun Resort 081 913 3932

Contact:

Company/Community: Nai Wiang Sub-district
Community Tourism Association
Address: Khum Chao Mekwadi, Nai Wiang
Subdistrict, Nan Municipality, Nan Province 55000
Telephone: 064 619 5716

Takua Pa Phang Nga

Swing your day with myths of the old town and enjoy an amazing culture of Peranakan Culture at Takuapa



About this route

Apart from the highlight of this city, the nice blue and green sea with the ocean waves, you can also enjoy a small community called "Takola" or "Takuapa" which is a former prosperous mining town on the Andaman side. It still retains its identity and traces of the former wealth through the unique architectural building like colorful Sino-Portuguese-style houses and two-storey townhouses that were mixed with Chinese culture, Hokkien, and Peranakan. Explore their living culture and unique taste of food from the descendants of Baba-Yaya and Takuapa residents. "Adventurous Hero" guides you to immerse yourself in the history through costumes, food, and shops, including ancient buildings on the main road of Takuapa, including a watch repair shop, barber shop, batik shop, and bridal dress shop. Take a stroll and worship at the respectful shrine. Learn how to cook authentic sweets. Then, lower your energy to relax and take a photo with street art along the alley under the curved roof of the shophouse that connects the front of the house.

Low Carbon concept

- Energy consumption: Mainly on foot activities, walk and talk, enjoy the stories, and dress in grandmother's dress, and make desserts which are low carbon emission.
- Travel: "Carpool" takes a minibus to travel around the city to save the energy.
- Waste Management: Apply a policy of sorting waste before disposal



Highlight activities

- Enjoy sightseeing through the old Sino-Portuguese buildings.
- Learn about the Baba or Peranakan people.
- Pay respect to the shrine of Guan Yu (Aam Tai).
- Pay respect to Thai Buddha at Wat Senanuch Rangsang.

Low Carbon activities

- Cooking Class 24.9852 kgCO₂eq
- Walking Tour 0.0000 kgCO₂eq
- Sightseeing carpool tour 1.6113 kgCO₂eq

General Route

(Traveling through tourist routes in Phang Nga)

- Carbon emissions: 157.9242 kgCO₂eq

Low Carbon Route

(Swing your day with myths of the old town and enjoy an amazing culture of Peranakan Culture at Takuapa)

- Carbon emissions: 61.4023 kgCO₂eq

Carbon Emission: 6.1402 kgCO₂eq per person



Recommended accommodation:

- Wanakarn Beach Resort & Spa 076 584 300
- Beyond Resort Khaolak 076 592 300

Contact:

Company/Community: President of Takua Pa Old Town Tourism Community
 Address: Takua Pa Subdistrict, Takua Pa District, Phang Nga 82110
 Telephone: 096 636 1274 or 081 307 0951

Phuket Old Town Phuket

Wandering the Charming Old Town
and the Tales of Thung Kha, Phuket



About this route

Phuket, one of the popular tourist destinations in Thailand with a fantastic view of the sea and its beach, historical sites, and delicious food. Super-value destination, you can enjoy all in one trip like the style of "Adventurous Hero" that allows you to wander in the famous old town and get to know Phuket culture with half Thai-Chinese people. Relish you with the tales and historical site since it was called "Thung Kha", the former Portuguese and Dutch tin trading site until now. Bring you back the time to show the exceptional architecture of buildings inspired by Sino-Portuguese design and its culture. Snap a shot and share with your friends the most highlighted landmarks of Phuket. Along the walking route, you enjoy street art works of Thai and world-class artists. Visit the ancient house to admire the atmosphere and interior. Lastly, guide you to savor the most favorite menu of Thung Kha people.

Low Carbon concept

- Energy consumption: Mainly on foot activities, walk and talk, enjoy the stories, and make sweets which are low carbon emission.
- Travel: Walk and do activities in Old Phuket Town to reduce fuel consumption
- Waste Management: Apply a policy of sorting waste before disposal



Highlight activities

- Experience the way of Baba-Nyonya. Get to know the story at the Phuket Thai Hua Museum.
- Peranakannitat Museum.
- Experience the traditional way of life at Eldery house.
- Worship to monks at Saeng Tham Shrine, the 120th Anniversary of the city shrine.

Low Carbon activities

- | | |
|-----------------------|-----------------|
| • Sipping tea | 0.0000 kgCO2eq |
| • Cooking Class | 2.7261 kgCO2eq |
| • Blacksmith workshop | 10.2860 kgCO2eq |

General Route

(Traveling through tourist routes in Phuket)

- Carbon emissions: 180.8069 kgCO2eq

Low Carbon Route

(Wandering the Charming Old Town and the Tales of Thung Kha, Phuket)

- Carbon emissions: 45.1162 kgCO2eq

Carbon Emission: 4.5116 kgCO2eq per person



Recommended accommodation:

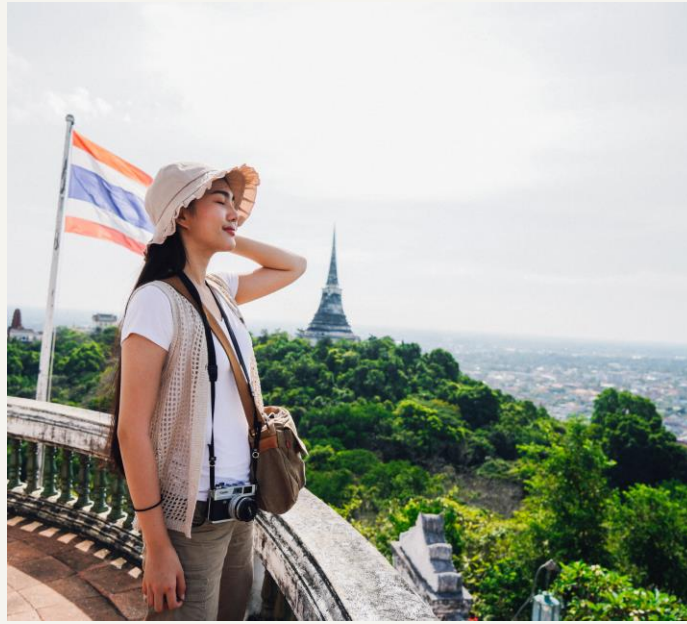
- Phuket Orchid Resort & Spa 076 358 300
- COMO Point Yamu 076 360 100

Contact:

Company/Community: Old Phuket Town Community
 Address: 49 Thalang Road, Talat Yai Subdistrict, Mueang District, Phuket 83000
 Telephone: 084 305 3960

Phetchaburi Old Town Phetchaburi

Adventurous travel with the history
of the Phetchaburi old town



About this route

If you want to explore the old town that combines scenery, food, performing arts, and cultural sites, Phetchaburi old town is the one you should not miss. Asking your friends to join and share the trip is not only a nice experience but also carpool-good for the planet. It takes only 3 hours from Bangkok. Spend some time enjoying the old historic district. Immerse yourself in the traditional way of life in Phetchaburi town. Search for the glorious past of Phetchaburi town as its name in Thai means "Diamond City". Take a walk to see the past of ethnic diversity, both Thai and Chinese that have been together for a long time such as temples, shrines, vegetarian cuisines, and spectacular architecture of buildings. Then, hold hands and walk up to see the beauty of Phra Nakhon Khiri Palace. Stop by to recharge your energy with sweets while viewing art and architecture inherited from the late Ayutthaya period until it has been named as "Lively Ayutthaya that is still alive".

Low Carbon concept

- Energy consumption: Do activities that do not use energy, such as walking up the hill, walking in the old town, and listening to stories about the treasure of Phetchaburi.
- Travel: Walk up to Khao Wang instead of using the cable car in order to reduce electricity consumption.
- Waste Management: Use a Benjarong reusable bowl to contain the rice in ice water in order to avoid foam or plastic usage. Sorting waste before disposal





Highlight activities

- Visit Khao Wang Historical park to see the top view of Phetchaburi city.
- Learn how to perform Nang-Yai shadow play at Phlapphla Chai temple.
- Visit Wat Mahathat Worawihan and see the beauty of the 5 pagodas.
- Visit Wat Yai Suwannaram temple, the source of Ayutthaya art.

Low Carbon activities

- Nang-Yai workshop 1.5650 kgCO₂eq
- Walking Tour 0.0000 kgCO₂eq
- sightseeing walk tour 0.0000 kgCO₂eq

General Route

(Traveling through tourist routes in Phetchaburi)

- Carbon emissions: 135.6000 kgCO₂eq

Low Carbon Route

(Adventurous travel with the history of the Phetchaburi old town)

- Carbon emissions: 48.6887 kgCO₂eq

Carbon Emission: 4.8689 kgCO₂eq per person



Recommended accomodation:

- Tara Mantra Cha-Am Resort 032 472 000
- Veeranda Resort & Spa 032 709 000

Contact:

Company/Community: Phetchaburi Old Town along the river
 Address: Panich Charoen Road, Tha Rap Subdistrict, Mueang Phetchaburi District, Phetchaburi 76000
 Telephone: 086 344 4418



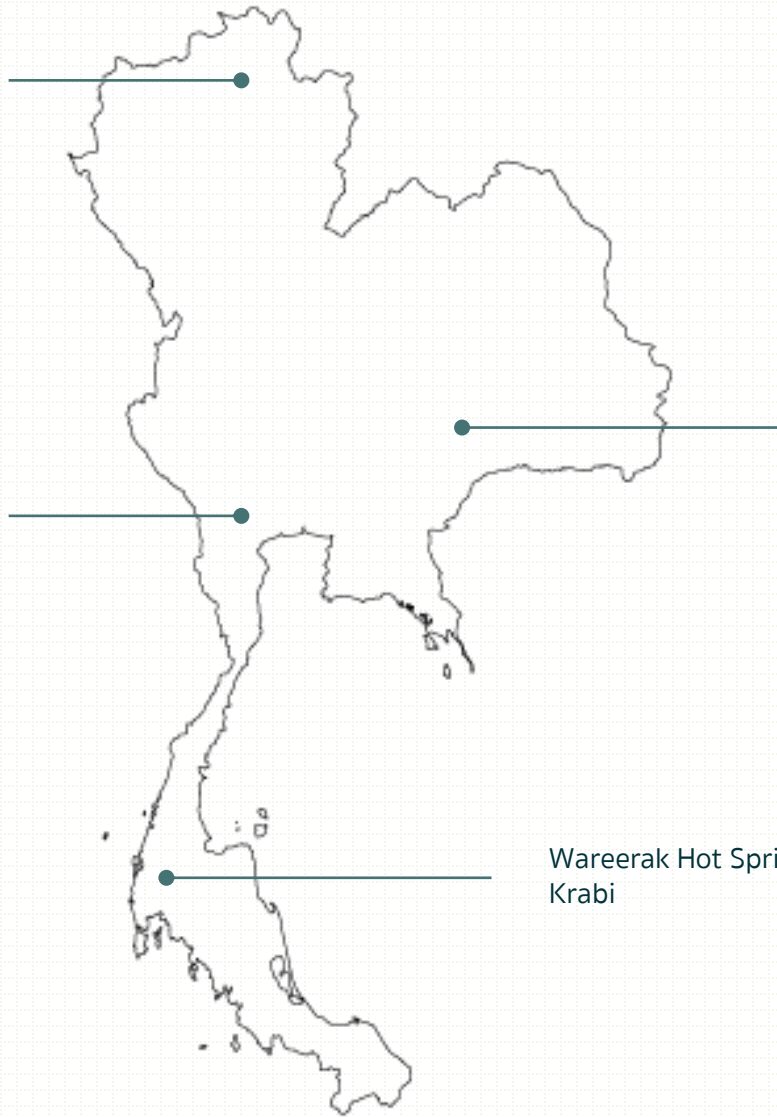
05

Wellness

A Health-Focused Trip

Restore happiness to your body as well as your mind. Immerse yourself in beautiful natural surroundings. Recover your bodily energy with herbal sessions based on local wisdom. Enjoy a perfect combination of therapy and relaxation.

Hong Hom Phaya Lanna
Chiang Rai



Bang Nam Phueng,
Bang Ko Bua Community
Samut Prakarn

Arokaya Wellness Sala
Buriram

Wareerak Hot Spring & Wellness
Krabi

“Wellness”

Restore happiness to your body as well as your mind. Immerse yourself in beautiful natural surroundings. Recover your bodily energy with herbal sessions based on local wisdom. Enjoy a perfect combination of therapy and relaxation.

Wellness

Low Carbon
Travel Routes

Wareerak

Hot Spring & Wellness

Krabi

Relaxing from your soreness and being healthy at Wareerak Hot Spring & Wellness, Krabi



About this route

Relieving from any worries and relaxing from soreness by hydrotherapy at Wareerak Hot Spring & Wellness, Krabi Province the wellness tourist attraction with the mineral rich hot spring that activates your blood circulation and nourishes your skin as its attractive venue. However, the pattern of this hot spring is different from the others due to its ladder shape. From this matter, the tourists will enjoy soaking in the hot spring among the pleasant greenish forest with full of shady trees, fish ponds, and herbs and vegetable gardens. Therefore this place is regarded as the real complete wellness accommodation. You will spend your precious time with the wellness program, avoid any disturbance from the others and technology. This place gives you the private area among the large forest where restricted only for the visitors.

Low Carbon concept

- Energy Consumption: participating low energy tourism activities like soaking into the natural hot spring, massage, spa, and yoga.
- Travels: walking or biking around the accommodation.
- Foods: enjoy your healthy lunch with the ingredients from vegetable to avoid meat consuming.
- Waste management: we have proper waste sorting and disposal.



Highlight activities

- Wareerak Hot Spring & Wellness, the place will give you the underworld hot spring.
- Scrub your skin with fresh Thai herbs.
- Get massage with Thai herbal compress ball.
- Attend underwater yoga activity.

Low Carbon activities

- Herbal scrub 3.5243 kgCO2eq
- Aqua yoga & massage 0.0000 kgCO2eq
- Herbal compress massage 1.1600 kgCO2eq

General Route

(Traveling through tourist routes in Krabi)

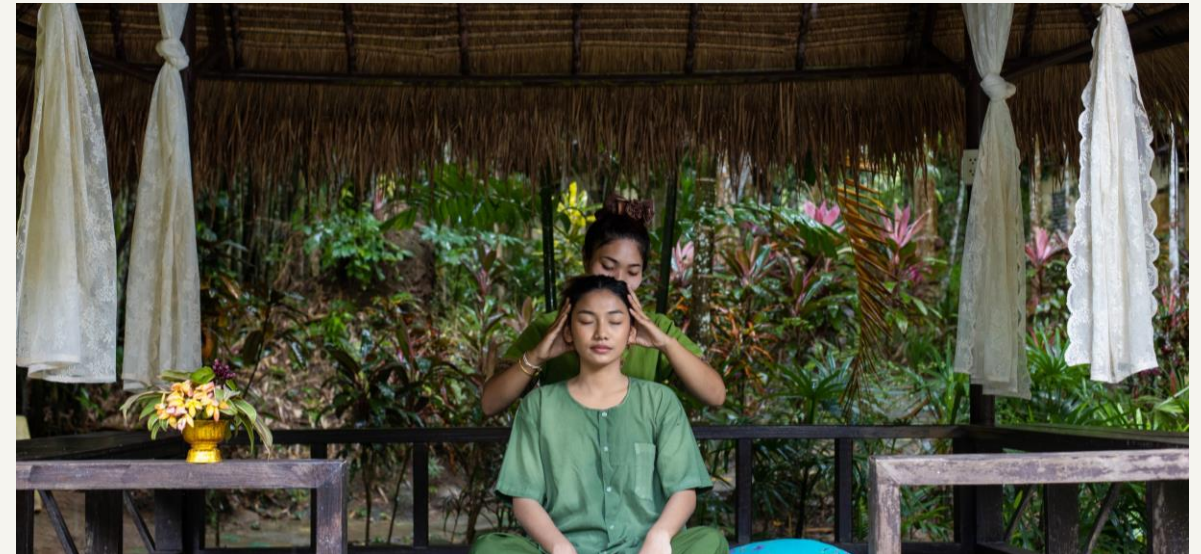
- Carbon emissions: 152.0233 kgCO2eq

Low Carbon Route

(Relaxing from your soreness and being healthy at Wareerak Hot Spring & Wellness, Krabi)

- Carbon emissions: 42.3233 kgCO2eq

Carbon Emission: 4.2323 kgCO2eq per person



Recommended accommodation:

- Aonang Princeville Villa Resort and Spa 075 637 971
- Anda Dhevi Resort & Spa 075 626 222

Contact:

Company/Community: Wareerak Hot Spring & Retreat Wellness
 Address: Khlong Thom Nuea Sub-District, Khlong Thom District, Krabi Province, 81120
 Telephone: 090 724 8693
 Email: reservation@vacationvillage.co.th

Hong Hom Phaya Lanna Chiang Rai

Fulfill your physical and mind power from Hong Hom Phaya, the healthy knowledge learning pharmacy center within Chiang Rai



About this route

Lanna Territory is well-known as the venue of traditional science from various races and everlasting history. From this matter, the locals are expert in recording collection of formulas or recipes which have been handed down through the generations especially disease treatment science. Hong Hom Phaya is the treatment center which adapted Lanna Territory folk medical science to take care everyone's health and linked with the local herbs through traditional wisdoms such as massage, medical herbs grilling, footbath therapy, hammer massage, herbal steam in wicker basket, and heat trampling massage. However, the patients will be asked and diagnosed before the treatment in order to know the proper therapy. This venue is also considered as the local hospital and healthcare center to pass on any knowledge for the residents within Nanglae Sub-District. This place is surrounded with open-air atmosphere and flowery scent like the manners of the ancients without any elegances but everyone can be treated with reasonable price services.

Low Carbon concept

- Energy Consumption: participating low energy tourism activities without electric energy usage from open-air buildings and healthy activities.
- Waste management: reducing any consumable materials and single-use plastic as well as transportation by using local herbal, biodegradable materials.



Highlight activities

- Lanna traditional hammer massage
- Heated trampling massage
- Herbal footbath therapy
- Herbal steam in chicken coop

Low Carbon activities

- | | |
|----------------------|-----------------------------|
| • Hammer massage | 0.0000 kgCO ₂ eq |
| • Thai Fire massage | 3.7893 kgCO ₂ eq |
| • Chicken Coop sauna | 3.4637 kgCO ₂ eq |

General Route

- (Traveling through tourist routes in Chiang Rai)
- Carbon emissions: 187.3050 kgCO₂eq

Low Carbon Route

- (Fulfill your physical and mind power from Hong Hom Phaya, the healthy knowledge learning pharmacy center within Chiang Rai.)
- Carbon emissions: 36.3250 kgCO₂eq

Carbon Emission: 3.6325 kgCO₂eq per person



Recommended accommodation: Contact:

- Imperial River House Resort
Chiang Rai 053 750 830
- Le Meridien Chiang Rai Resort
• 053 603 333

Company/Community: Bhutanese monk (Phra Oat)
Address: 12, Village No. 8, Nanglae Sub-District,
Mueang District. Chiang Rai Province, 57100
Telephone: 089 043 6045

Bang Nam Phueng Bang Ko Bua Community Samut Prakarn

Taking a deep fresh air breath at the big forest nearby Bangkok, Bang Nam Phueng – Bang Ko Bua



About this route

You can take a deep breath at the place called “Lung of Bangkok” like Bang Nam Phueng – Bang Ko Bua, Samut Prakarn Province. You do not need to have any complex plans, just leave your car at home to save the gas and travel with public transport for only 1 hour to this relaxing greenish forest. This venue meets the demands of everyone who concerns about their health. You can meet the locals talk about their wellness and good living in nature that conservation needs to be concerned. Moreover, the locals will share the visitors about their healthcare tips through ecotourism. Besides the information sharing, you can exercise among the amusing atmosphere and also enjoy the good and creative meals from the local ingredients. You will get happier and know how to love yourself within only 1 day from this place.

Low Carbon concept

- Energy Consumption: participating low energy tourism activities like visiting stingless bee farm, footbath spa, and learning how to massage therapy by herbal compress ball.
- Travel: cycling and sailing to save the gasoline.
- Food: having your meal from the local ingredients and herbal lotus blossom petal wrapped from the local kitchen garden.
- Waste management: we have a policy to use natural biodegradable and long-life materials like grains compress ball.



Highlight activities

- Visiting stingless bee farm and processed honey soap processes.
- Sailing through the canal and tree tunnel for viewing Bang Ko Bua residents' way of life.
- Learning how to Thai massage by herbal compress ball.
- Cycling among the pure atmosphere.

Low Carbon activities

- | | |
|-------------------|-----------------------------|
| • Apiculture Tour | 0.5384 kgCO ₂ eq |
| • Kayaking | 0.0000 kgCO ₂ eq |
| • Cycling | 7.4960 kgCO ₂ eq |

General Route

(Traveling through tourist routes in Samut Prakarn)

- Carbon emissions: 163.8440 kgCO₂eq

Low Carbon Route

(Taking a deep fresh air breath at the big forest nearby Bangkok, Bang Nam Phueng – Bang Ko Bua)

- Carbon emissions: 67.28824 kgCO₂eq

Carbon Emission: 6.7288 kgCO₂eq per person



Recommended accommodation:

- The Color Living Hotel 02 759 6565
- Le Méridien Suvarnabhumi 044 634 901

Contact:

Company/Community: Bang Namphueng Sub-District Community-Based Tourism Club
 Address: Bang Namphueng Community, Bang Namphueng Sub-District, Phra Pradaeng District, Samut Prakarn Province, 10130
 Telephone: 099 218 9858

Arokaya Wellness Sala Buriram

Fulfill your wellness with cannabis at Play La Ploen as an optional healthy treatment



About this route

"Healthy Hero" invites you to know about Cannabis one of the industrial crops that are being pushed into new markets for Thai farmers. Some parts of cannabis can be used in medicine and processed into food. All of this takes place at the herbal development center community enterprise, Play La Ploen, Buriram Province, the agricultural tourism and a herbal development center as a model for producing and disseminating cannabis cultivation knowledge to those with a keen interest. Moreover, Play La Ploen Community Enterprise is also a holistic health center that offers Thai traditional medicine, Chinese traditional medicine, an integrated treatment plan, physical and mental rehabilitative services at AROKAYA Wellness Sala utilizing nontoxic herbs and vegetables from the community's planting sites in the surrounding area as well as providing security and revenue for a sustainable society while restoring the environment.

Low Carbon concept

- Usage of Energy: participating low energy tourism activities from cannabis planting and massage therapy learning.
- Waste management: we have proper waste sorting and disposal.



Highlight activities

- Learning how to plant cannabis
- Cannabis process activity
- Body treatment and healthcare activity
- Cannabis medical procedure

Low Carbon activities

- Herbal farm Tour 0.2500 kgCO₂eq
- Thai massage 1.9406 kgCO₂eq
- Cannabis oil workshop 2.4942 kgCO₂eq

General Route

- (Traveling through tourist routes in Buriram)
- Carbon emissions: 159.4306 kgCO₂eq

Low Carbon Route

- (Fulfill your wellness with cannabis at Play La Ploen as an optional healthy treatment)
- Carbon emissions: 5.5567 kgCO₂eq

Carbon Emission: 5.9431 kgCO₂eq per person



Recommended accommodation:

- Play La Ploen Boutique Resort 087 798 1039
- Cresco Buriram 044 634 901

Contact:

Company/Community: Play La Ploen Herbs Development Center Community Enterprise
 Address: 252, Khu Mueang Road, Buriram Municipality, Buriram Province, 31190
 Telephone: 092 504 2565

Low Carbon Experience Providers

No.	Tour Agency / DMC	Phone Number	Website	Email	Province
1	Positive Group Co., Ltd.	086 918 9897	guideguru.live	-	Chiang Rai
2	Kan Zolve Co., Ltd.	086 322 4747	pareetravel.com	-	Nan
3	Global Holiday Co., Ltd.	089 171 9835	globalholidayth.com	-	Loei
4	Mike Team Tour International Co., Ltd.	02 278 0225	facebook.com/trekkingthai	-	Buriram
5	TKT Eco Tour Co., Ltd.	095 653 9645	miketeamtour.com	miketeamtour99@gmail.com	Samut Prakan
6	Jumbo Journey & Events Co., Ltd.	081 857 2623	jumboriverkwai.com	-	Kanchanaburi
7	Kobtrekking Part., Ltd.	081 736 8981	-	kobtrekking@gmail.com	Phetchaburi
8	Bike And Travel Co., Ltd.	099 226 6146	facebook.com/ritbicycle	bikettravelthailand@gmail.com	Prachuap Khiri Khan
9	Phuket Adventure Park Co., Ltd.	082 824 4615	tarzan-adventure.com	jangtawan@gmail.com	Phuket
10	Trunk Travel Co., Ltd.	089 989 8188	trunk-travel.com	-	Trang



“20 Low Carbon Travel Routes”

Tourism Authority of Thailand