



CREATIVE
TOURISM
DISTRICT
THAILAND

creative Woman

tasty



On your
way



experience



Creative Tourism

Creative Tourism is a new innovative form of tourism that emphasises on learning about the uniqueness and way of life of the local people. This is displayed through hands-on activities that generate great experiences with the community. It also offers tourists the opportunity to live with the locals, so to experience the charming simple local lifestyle.



What's good about 'Creative Tourism'?

The Tourism Authority of Thailand (TAT) aims to promote domestic travel by targeting new destinations, with a collection of small towns spread across 55 provinces throughout the country. This is an effort to introduce a new side of Thailand to both Thai citizens and foreign visitors through offering 'local experiences' that are as much educational as they are adventurous. These combined travel and learning experiences touch upon both the lifestyle and cultural aspects of each community in order to help distribute income and create sustainable jobs, as well as provide an introduction to each province in which they are located.

cheez!!



"Power Woman"

The 'Power Woman' group is aged between 25-45 years old. As confident women who know what they want, they sometimes decide to travel alone (without having to wait for anyone to be free to accompany them), and sometimes enjoy the convenience of going with large groups. The destinations they choose tend to offer a wide mix of exotic scenery and exciting attractions, with the opportunity to participate in fun and insightful activities together with local communities.



GO! ~ ~ ~

extreme



relax





GO LOCAL, GO to CHIANG RAI

Travel through Chiang Rai in a different way –
Experience life from the perspective of a local community

Head to Thailand's northernmost province, Chiang Rai, and get to know how the 'Pang Ha Community' lives in this remote part of the country. Chiang Rai is best known for its proximity to the Golden Triangle that divides Thailand, Laos and Myanmar, but this isn't the only scenic photo spot in the region. This 'Go Local, Go Chiang Rai' trip allows you to experience Chiang Rai in a completely different way to most as you discover how the local villagers live their daily lives at Pang Ha Community. There is also time to check out nearby attractions, explore temples and indulge in some local Lanna dishes that can't be found anywhere else in the country.

Activity 1

Admire the 'Phra San' Buddha at Hiranyawas Temple (Meuang Dang Noi) – Visit Weluwan Prasan Park and shop for basketwork products

This temple is home to the highly revered 'Sing San Chana Man', a two-ton Buddha woven from bamboo. In order to weave this impressive figure, three weavers worked together with the cooperation and perseverance from the entire village, who helped by gathering and sharpening the bamboo that you'll see in front of you. Once finished, the giant Buddha was installed using a traditional pulling technique that required the labor of thousands of people. It is believed that Phra San is the god of love - which means any couples who worship the Buddha will be blessed with eternal success in love!

Next up is a trip to Weluwan Phra San Park, which was inspired by many of the region's local hill tribe styles such as Thai Lue and Yuan. Take in the impressive architecture and catch one of the park's demonstrations on how locals grow rice and organic vegetables. A short walk away is a mini basketwork market where you can shop for some quality and affordable products that have been handmade by villagers.





Activity 2

Take a tour of the Baan Pang Ha Community and make homemade mulberry paper (Saa paper)

Take some time to relax a little bit at Baan Pang Ha, where you'll meet and talk with Dr. Theerapol Suraphom, the Chairman of Pang Ha Homestay Community. As a warm welcome, watch a local performance from the village's children and enjoy some light refreshments and snacks like longan, grilled banana, and fresh 'Lokna'.

"Get to know P' Luck"

Ms. Jindaluck Chummongkol, the founder and leader of the community, describes the background of 'Miracle of Saa', the community's mulberry paper center that has been producing and exporting this material for over 20 years.

Mulberry papermaking

As well as learning about the village's mini-mulberry paper factor, you can also try your hand at making a one-of-a-kind piece of artwork out of the paper yourself. After you've finished decorating your design, the community can keep it safe and send it back to you at a later date.

Relaxing foot spa at Jindaluck

After a long, exhausting day, we drop by at Jinnaluck, the community's very own spa, for a bit of R&R and to relieve any aches and pains.



Activity 3

Take an 'e-tuk' (electric tuk tuk-style vehicle) around the village – give traditional knife sharpening a go

Visit a traditional bladesmith household where the wise 'Uncle Duang Sang', the house owner, demonstrates the different processes behind the art of being bladesmith; make sure you pay careful attention, as you'll be trying to sharpen one yourself later on.

After that, the next hands-on activity is cooking a unique version of khao soi – the north's most famous noodle dish – with 'Aunt Dum'.



Activity 4

Continue your e-tuk tour of the village – try making 'Prathip' candles at the candle making center

Observe another demonstration on candle making with 'Uncle Gong' and 'Aunt In'. You'll learn about each step of the process, from melting the wax to gauging its consistency before pouring it into molds – with various different styles of candle to choose from.



👋!!



Activity 5

Take the e-tuk to 'Aunt Ladda's' guava farm – take photos in the corn field

Stroll through the farm, collecting the fresh 'kimju' type of guava as you go. You can also taste the fresh pink guava which has a sweet and crisp taste - so refreshing that one is never enough. After the guava tasting session, head across the farm to find an adjacent corn field, which makes for an excellent photo-op!



Activity 6

Witness the iconic scenery over three lands at the Golden Triangle – Adventure up to the top of Doi Sa-ngo

Wake up early to visit Chiang Rai's most famous landmark, the Golden Triangle. After taking in the far-reaching views, prepare for a little adventure, as you head up the pretty Doi Sa-ngo mountain in a converted pick-up truck. Breathe in the fresh air at the top, take some panoramic photos (weather permitting) and don't forget to take a ride on 'Akha's swing'.



Activity 7

Visit Sridonmoon Art Space

Sridonmoon Art Space is a great place to chill out and admire the impressive collection of contemporary art, most of which has been inspired by Master Siwan Jenhatthakankit's faith in Buddhism. You can also listen to Master Sriwan's stories about the history of the art space, as he shares his life experiences in a fun, enjoyable, and insightful way.

Hungry visitors should also check out the gallery's on-site eatery, which serves up a lunch menu and some very artistic little desserts. Finally, the building's shopping corner is where you can buy some locally-made handicrafts and products such as bags, hats, and even pictures drawn by children. Proceeds are used to support local communities and hill tribes.



Activity 8

More photo-ops and authentic northern Thai food at Chui Fong Tea Plantation

Thanks to extensive development, Chiang Rai's Chui Fong Tea Plantation has become a great attraction, which offers a useful insight into how tea is harvested – as well as another photo-op for tourists. With the lush green backdrop, take a moment of calm as you sip on some of the plantation's tea – or try one of their more indulgent sweet treats like the steamed green tea stuffed bun.



Dish 1

Fish roe Ab (wrapped and grilled fish in banana leaf) – a local northern dish

This is common street food snack that is cooked by mixing fresh fish and roe (or eggs) with a special chili paste and seasoning. It is then wrapped with multiple layers of banana leaf before being grilled on a charcoal stove at a low heat. It is commonly eaten with sticky rice, making this a very affordable and tasty little protein-fix.



Dish 2

Lokna Snack – Tasty Northern style waffles

Chiang Rai's 'Lokna' snack is made from rice flour mixed with small black 'khi mon' sesame that are only grown in Northern Thailand. Make sure to eat these tasty waffles piping hot straight off the stove.



Dish 4

Experience an authentic 'kanntok' meal at Baan Suan Ui Kham

'Kanntok' describes the traditional way of eating in Northern Thailand, and involves lots of little dishes served up on a large tray for all to share. Not only is the food tasty and affordable, but this eating style is perfect for sitting back and enjoying the local entertainment and recreational performances held by the community.



Dish 3

Khao Soi Noi

This is a different version of Northern Thailand's famous khao soi noodles, which is difficult to find anywhere else.

Instead of using strands of egg noodles, thin sheets of flour are used and served with ground peanut sauce. To eat, simply roll up the warm steamed flour sheets into little bites and dip them in the sauce. It has a marshmallow-like texture with a distinctly Northern Thai taste.



Sightseeing map of Baan Pang Ha community



Introduction of the Sages

Dr. Theerapol Suraphom, Chairman of Pang Ha Homestay Group
'P'Luck' Community Leader and the Founder of 'Miracle of Saa'
Contact: Pang Ha Homestay 064-679-7470 Ms. Jinnaluck Chummongkon 084-536-9324



GO TRAVEL, GO LOCAL, *go with Creative Tourism Thailand*

Discover the beauty of nature and experience
the lifestyle of an old mining community at
'Baan Tha Din Daeng'



Thailand's southern Phang Nga province is known for its dense mangrove forests, iconic limestone cliffs and stunning tropical islands dotted around the turquoise Andaman Sea. On this trip, you'll be heading to the remote Baan Tha Din Daeng, a local community seldom visited by large tourist groups. In the past, the Tha Din Daeng area was once a major mining site of the Andaman. However, after being hit by the Great Tsunami of 2004, much of the landscape was completely destroyed. Afterwards, UNESCO reached out in an effort to educate and create new ways in which the villagers, many of whom only knew the life of a fisherman, could earn a sustainable income. One of the solutions was to develop hydroponic vegetable farming - which in turn led to the establishment of the Tha Din Daeng vegetable farming cooperative enterprise. Since the community's regeneration, the people of Tha Din Daeng community have started to showcase their village as an eco-tourism destination where visitors can experience the friendly way of life, as well as head off sightseeing to the many picturesque natural attractions nearby.



Activity 1

Learn how to plant and harvest hydroponic vegetables

Today, farming chemical-free vegetables generates sustainable income for Tha Din Daeng's villagers. On this visit, you'll learn about every step of the production process, from how to grow, take care, and harvest the produce, as well as packing the vegetables to preserve quality - ready to be delivered to consumers. Another highlight not to be missed is actually tasting the fresh vegetables, which are served with homemade salad dressing made by the local villagers.



Activity 2

Kayak through the mangroves and learn more about the forest ecosystem

Cruise past the creeks of the mangrove forest, experience the still atmosphere, and listen to the stories about the mangrove forest that played a key role in regenerating community life after the tsunami disaster. The villagers have helped replant the forest and today you can see it in its full glory while gently paddling across the water.



Activity 3

Venture to the heart of the forest on a long-tail boat, take photos at the 'Savannah of Thailand'.

A quicker way to get about these waters is on one of the south's iconic long-tail boats; you'll be heading to a nearby port where you'll alight and continue on foot to the massive 'Savannah of Thailand'. This open plain is bright yellow in the winter but shows its true lush green colors come rainy season. On the way, we will encounter 'Samed Khao', a strange tree with its trunk as soft as tissue paper, as well as varieties of strange and exotic species of birds that lay their eggs in the tall grasses.



Activity 4

Tour Khao Na Yak Beach at Khao Lampi – Visit the awe-inspiring viewpoint at Hat Thai Mueang National Park.

After kayaking through the mangrove forest, walking across the 'Savannah of Thailand', seeing Samed Khao and other species of plants along the way, you'll finally arrive at the pretty Khao Na Yak beach, which promises fine white sand and clear water. This beach also has a unique rock that's a good spot for taking photos across the sea. In the evening, it also makes an excellent viewpoint to watch the sunset over the horizon.



Activity 5

Try tin-panning like a former miner

Baan Tha Din Daeng used to be an old mine and today you can still see relics of the past in the form of old rail carts which were once used to transport the mined materials. Watch a demonstration of mineral 'panning' by a skilled aunty – you can also give this technique a go yourself, trying to find the black tin ores with your own hands.



Activity 6

Go foraging for the important 'Tammang' plant ingredient

Listen to the villagers explain about all of the ingredients that we are going to cook with, such as fruits and vegetables grown around their homes. One important ingredient is the 'Tammang' plant, which is so rare that there's also only one left in this community. You'll be shown how to carefully use this produce to make a chili dip before hitching a ride with the villagers on a 'Sa Leng' to collect the fresh long beans to eat with the dip.



Activity 7

Watch and taste – Fresh cashew nut roasting demonstration

Watch the demonstration on how to roast cashew nuts in the traditional way, whereby villagers put fresh cashews into a special roaster and then onto a roaring fire. As soon as the nuts catch on fire, they pour them onto the floor and pat them until the fire goes out. You can help out during the final step by cracking open the shells with a piece of wood – inside, you'll find those sweet and buttery roasted cashew nuts which are ready to eat.



Activity 8

Head off-road in a 4x4 up to the top of Khai Nui Mountain to see the sea of mist

Wake up early to travel up Khai Nui Mountain; however, as the route up follows a steep dirt road, the only way to get there is by taking the locals' 4x4 pickup truck to venture along the scenic path to the very top of the mountain. And the reason you had to wake up so early? To see the incredible morning sea of mist that covers the mountains like a white blanket – which you can actually look over from this high altitude.



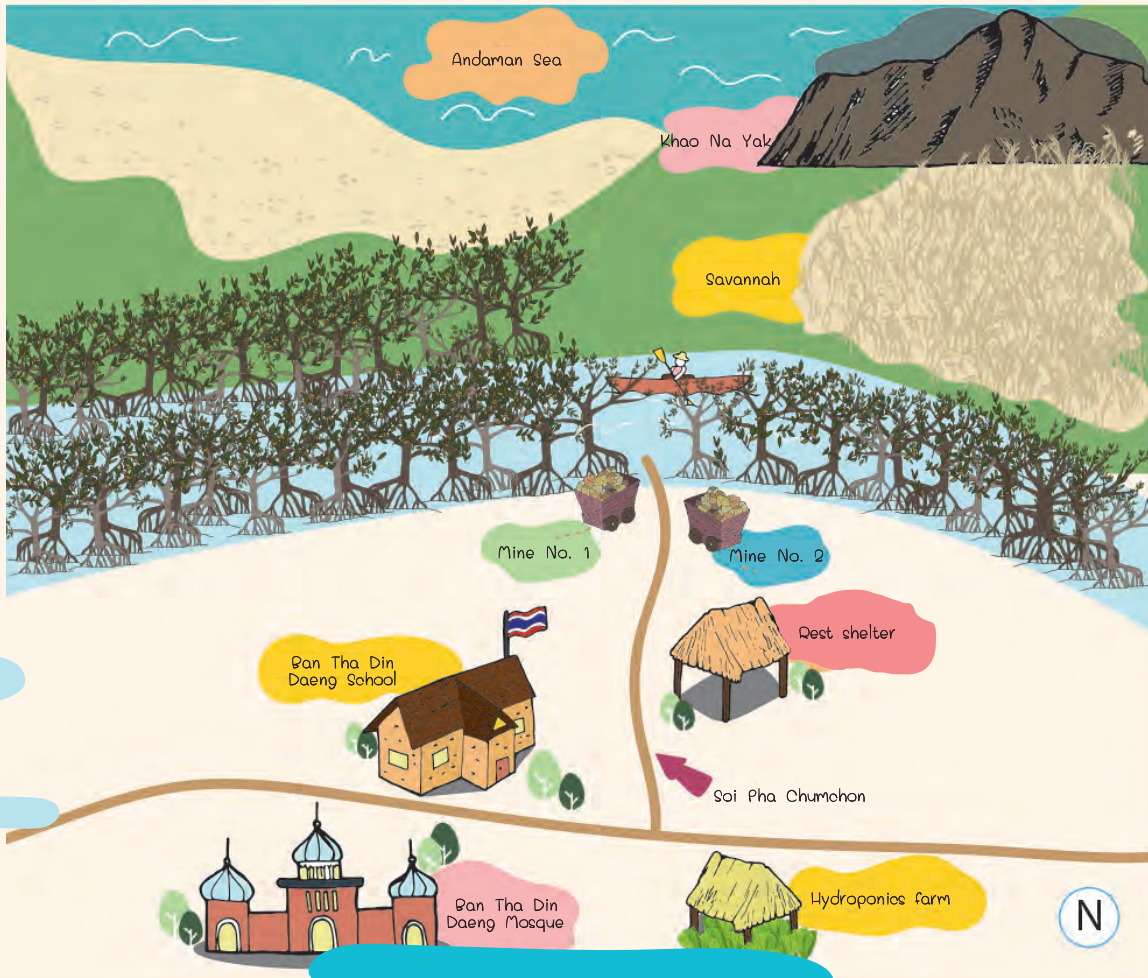
Dishes

Chili dip wrapped in 'Tammang' leaf - the real local chili dip!

Using fresh ingredients and spices picked from the locals' fences, pound up the mixture (according to the full recipe) until you have a paste-like substance. Then, wrap the paste with 'Tammang' leaves and pin it together with a stick of bamboo. Now, it's ready to be grilled on a charcoal stove at low heat for around 10-15 minutes (or until it smells of burnt banana leaves, meaning the chili dip is ready). The villagers will also be preparing another three or four dishes, making this a spectacular Southern Thai meal to eat.



Sightseeing map of Baan Tha Din Daeng



Introduction to the Sages

Ecotourism of Baan Tha Din Daeng, Tai Mueang, Phang Nga
Mr. Habeedin (Bung Deen) The president of ecotourism group tel: 08 6273 0823
Mr. Patipan (Bung Loan) secretary of ecotourism group tel: 08 44433539

Go Local, Go to Trat,

Travel to Trat,
Experience the Coastal Lifestyle
the Laem Makham way.

For a refreshing change from all those trendy travel spots (that you often have to share with the crowds), this trip keeps it simple, providing a non-commercialized dose of both nature and culture in Trat. This eastern province is known for its islands, seaside towns and quaint fishing villages, and this 2-day-1-night trip takes you to the later, Laem Makham, a small rural community next to the sea. Extraordinary local cuisine, boat rides through the mangrove forest, a shell-searching expedition and plenty of farm-based activities await – as well as the chance to cook up your own Trat-style dishes. All of this while you experience the kindness, friendliness, and memorable culture of the people of Laem Makham.

ท่องเที่ยว
บ้านแหลม

เที่ยว
มะขาม



Activity 1

Ride a sidecar and taste fresh coconut water from the farm

If you've never tried fresh coconut water from shells picked straight from the tree, this trip to Ban Laem Makham is your chance. You'll notice that the taste is different to most coconut water in the city, with a crisp and sweet flavor. As part of this tour, locals will be able to explain how these trees are grown and taken care of, as well as show you how to pick and crack open one of the fresh coconuts ready to try.



Activity 2

Pick 'Khlu' shoots and learn about this wonderful local herb

Local 'Khlu' leaves are native to the area and provide plenty of benefits to the community. Listen to how and why 'Khlu' leaves are grown next to the coconut farm (in particularly salty soil thanks to the close proximity to the mangrove forests). You can tour around the canals and learn how to pick young 'Khlu' shoots ready to be used in a meal. As well as cooking with, the leaves can also be used to make a herbal tea that has medicinal properties.





Activity 3

Sew a farmer's hat from 'nipa' palm leaves . and make handwoven hats

Farmer's hats are one of the most well-known products to come out of the Laem Makham community, and people say that this style which uses nipa palm leaves actually originated from here. So, as we are at the origin, this is a great opportunity to learn the weaving techniques from one of the locals. There is a demonstration on how to produce five different styles, and if you're quick enough, you'll have a complete hat of your own to take back as a souvenir.



Activity 4

Take a boat ride through the mangrove forest and jump into the sea to search for 'Pak Pet' shells

One not-to-be-missed activity at Laem Makham is to head out to sea on a cruise, venturing through the mangrove forest before reaching the open waters of the Gulf of Thailand. The mouth of the bay is the perfect place to collect 'Pak Pet', a type of shellfish which is found in abundance in the mud just off the shoreline. With your guide, try collecting some from the boat before heading back; these will be used in a tasty meal when back on dry land. On the way back, admire the scenery of the mangrove forest once more and look out for the red white-necked hawks either soaring through the sky or perched on a nearby branch.



Activity 5

Follow the footsteps of His Majesty King Rama V

The village's 'His Majesty King Rama V Learning Center' offers the chance to learn about the history of the area and its connection to King Rama V with over 200 photos. The center documents His Majesty's regional visits in Trat Province through 'Professor Somphot Wasukri,' a pensionary civil servant who was a former director of Laem Ngob Community School. He opened his home in order to provide knowledge through correspondences, history of His Majesty King and the protection of the sovereignty of Trat Province. This spot is considered to be an important site for history education and there is free entry for students and tourists.



Activity 6

Pay homage to monks and admire the murals in the sanctuary of Laem Makham Temple

Visit an old temple that has been at the center of the community for a long time. Inside, admire the collection of murals showing the history of when His Majesty King Rama V discussed dharma with the abbot of Laem Makham Temple. The temple is also planning to exhibit their long preserved historical artefacts in the near future as an on-site museum.



Activity 7

See the only Wali Table in Thailand

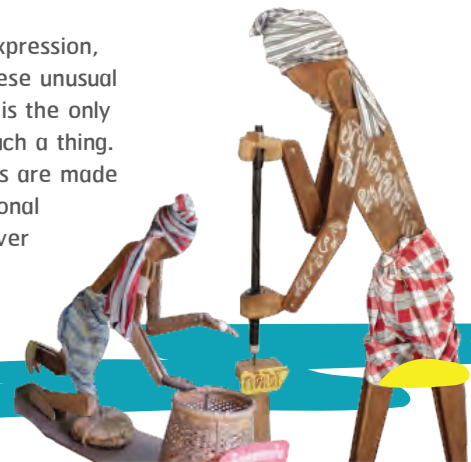
The Wali Table is an important religious site for Muslims and there is one located within the vicinity of Laem Makhom Temple, which is actually a Buddhist religious site. Professor Somphot, the village sage, can explain the different origins of the Wali Table, as well as its religious significance and unusual mythical story that is still told by villagers today. The Wali Temple is located within the area of a Thai Buddhist Temple, representing a harmonious coexistence of cultures of different religions.



Activity 8

Wooden Puppet Learning Center

In an effort to express creativity through expression, Grandfather Songkran is the man behind these unusual wooden puppets – and this learning center is the only place in the province where you can see such a thing. He is on standby to explain how the devices are made and operated using the same sort of traditional puppeteer tools that have been used for over 100 years.



Activity 9

Give rubber tapping a go and experience the life of a farmer

A stroll through the rubber farm is your chance to learn about what is in fact the most common occupation Laem Makham locals. Here we can watch a demonstration of rubber tapping and, of course, once we learned how to do it, we can try it ourselves. The relaxing environment and scenery of the rubber farm is also a great spot for more photos after having fun collecting the rubber.



Nature



Dish 1

'Pak Pet' shell fried with Thai basil

This dish, which is fried with Thai basil, needs freshly picked 'Pak Pet' shells from the mud around Trat's shoreline. First, they'll need a good clean with water before separating the root part from the body. Heat oil in a pan and add chopped chili, garlic, together with the fresh 'meat' of the shells and basil leaves, then season to taste. When cooked, the shells will open (this is how you know they're done), making an extraordinary hot and spicy fried 'Pak Pet' shell dish – perfect to be eaten with steaming hot rice. You'll find that the meat inside the shell body is soft while the root parts are crunchy.

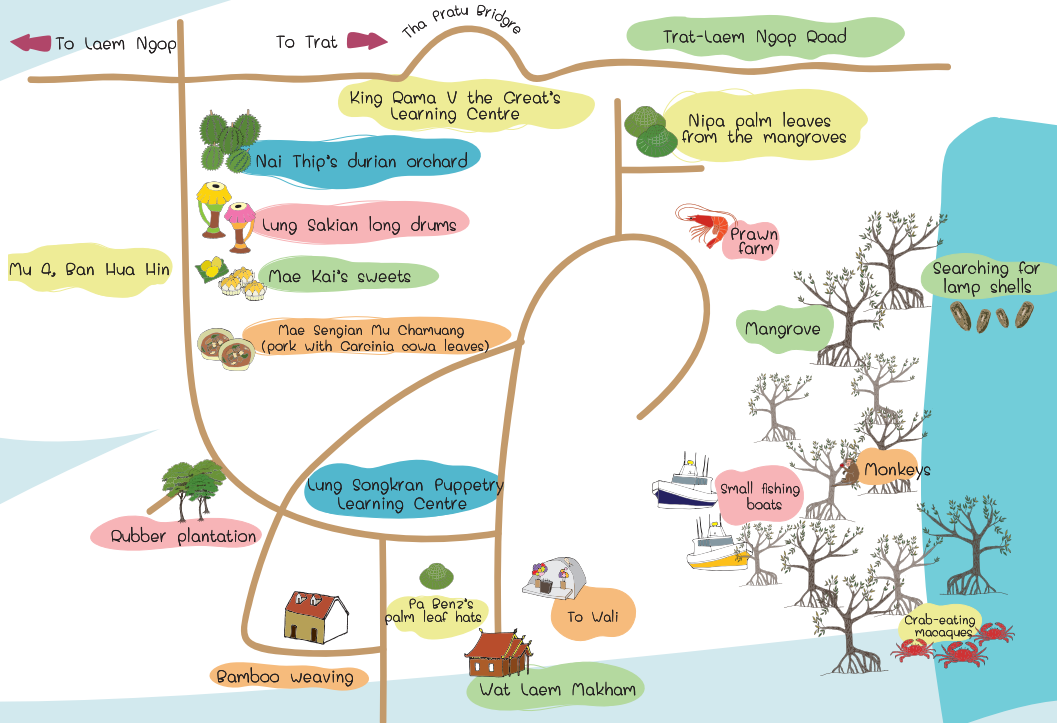


Dish 2

'Khlu Ched' or deep fried Khlu leaf

After going out with the locals to collect young 'Khlu' shoots, these need to be washed, drained, then dipped in a pre-mixed batter. Next, place the covered leaves into hot oil to fry until they turn crispy and yellow. Serve up onto a plate, and you have just made yourself some deep-fried (Trat-style) Khlu leaves!

Sightseeing map of Laem Makham community



Introduction to the sages

- 'Aunt Yubon (Aunt Benz)', village sage who passes on her skills on weaving palm leaf hats
- 'Professor Somphot Wasukri', pensionary civil servant, former director of Laem Ngob Community School, and village sage of His Majesty King Rama V Learning Center
- Grandfather Songkran, puppet maker who tells stories of the past





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