



Chiang Rai

Phuket

Nakhon Ratchasima

Ubon Ratchathani

Bangkok

Chon Buri

Phang-nga



Chiang Mai

Phra Nakhon Si Ayutthaya

Surat Thani

Samut Songkhram

Lampang

Buri Ram

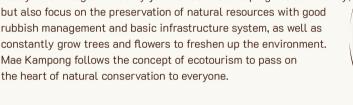
Northern Chiang Mai Appetiser



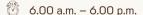
A Harmonious Combination of Nature and Community

Ban Mae Kampong

Ban Mae Kampong is a tiny village tucked away inside the forest with the stream running through and cool air all-year round. Experience the simple happiness and slow-paced way of life of the people who co-exist with nature. Observe how Miang tea is grown as well as how to make fermented tea leaves and fragrant tea pillows. Explore Namtok Mae Kampong (Mae Kampong Waterfall) and stroll along the nature trail that leads through a thick and green forest, preserved by the locals. Breathe in fresh air from various species of plants; such as, Wild Himalayan Cherry, wild orchids, and other herbal plants. Other routes take visitors to enjoy scenic landscape at Doi Mon Lan. If the sky is clear, visitors can see as far as the area of the three provinces of Chiang Mai, Lamphun, and Lampang. Another highlight is to try some local food at local restaurants and sip coffee at a cute coffee shop while admiring the majestic scenery of the valley. The villagers not only join hands in developing the community, but also focus on the preservation of natural resources with good rubbish management and basic infrastructure system, as well as constantly grow trees and flowers to freshen up the environment. Mae Kampong follows the concept of ecotourism to pass on





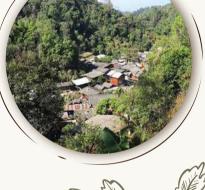


+66 8 5675 4588, +66 9 0231 4731



maekhumpong.business.site











Meena Rice Based Cuisine

Situated in the shady garden, the restaurant serves tasty and healthy local cuisine from every part of Thailand, with the concept 'Because there are paddy fields, then we have rice'. The highlight is the multi-coloured rice from organic farms in the community. You can choose the colour of the rice, for example, blue rice from butterfly pea flower, yellow rice from safflower, and brown rice. When serving, the plate is decorated with flowers and fruit to look more appealing. The restaurant also serves special seasonal options; such as, riceberry herbal juice, mangosteen ice-cream, and stir-fried moonflower with egg. Enjoy delicious dishes that are served on the table, covered by indigo-dyed cotton cloth in the cosy ambience of a wooden house in the garden with the nearby pond to help lower the temperature.

- 13/5 Mu 2, Tambon San Klang, Amphoe San Kamphaeng, Chiang Mai 50130
- 🇖 10.00 a.m. 5.00 p.m. (closed on Wednesday)
- +66 9 5693 9586
- https://goo.gl/maps/WDjfQ5ATJACR8dbz7
- www.facebook.com/meena.rice.based





Loang Him Kao

A handicraft community by the Khao River invites everyone to explore a variety of handmade products and hand-woven cotton textiles with unique patterns and designs. Many fun workshops that evolve around local and natural ways of life are provided for visitors to try their hand at; such as, learning the Japanese Shibori tie-dye technique, dyeing silk with natural dyes, making embroidery on an eco-bag, making earrings from Tin Chok fabric, cooking local dishes and making Thai herbal beverages. On the weekends, you can find the Chamcha Market, where people bring handicraft products, natural textile, accessories, cute decorations, and organic food for sale, and complemented by a lively atmosphere of music from buskers.

- Tambon San Klang, Amphoe San Kamphaeng, Chiang Mai 50130
- 10.30 a.m. 5.00 p.m. (closed on Wednesdays) Saturday – Sunday from 9.00 a.m. – 2.00 p.m.
- +66 8 8268 2441 (Chamcha Market)
- https://goo.gl/maps/R2C7kkVuNiJAkhVd8
- www.facebook.com/LoangHimKao



Kaomai Estate 1955

Relax amidst the nature at the Kaomai Estate 1955, where the 60-year-old tobacco curing barn has been adapted into a 'museum' that tells the history of the community, which includes a 'Café Rong Bom' that exhibits the timeline of the tobacco curing barn of different periods, and the 'Amphitheatre' that is an outdoor multipurpose arena for live music performances, handicraft market, and temporary art and culture activities. Visitors can also enjoy strolling around and breathing in fresh air amidst this majestic greenery of big trees and the green walls of coat buttons, which are the unique identity of the Kaomai Estate 1955. The ideas to conserve the balance of nature between the old and new buildings that have been applied during the landscape transformation in order to blend in with the existing nature have earned the Kaomai Estate 1955 the UNESCO Asia-Pacific Award 2018 for Cultural Heritage Conservation in New Design in Heritage Contexts, which guarantees that this place is part of cultural conservation worth visiting.



8.00 a.m. – 9.30 p.m.

+66 5348 1201, +66 8 6428 7481

https://goo.gl/maps/bBmrSAcF3ftkwy956

www.kaomailanna.com









Main Course

Community of Yesteryear, Green Way of Life, and Temporary Art



Segway City Tour

Open up your green holiday experience in Chiang Mai by riding on a Segway (an electronic scooter), which is an environmentally-friendly way of commuting. Visit the ancient city of Lanna and roam around the 700-year-old historic walls and moats. Explore the history and people's everyday lives in Chiang Mai. Discover the beauty of architecture and arts, portrayed in major temples; such as, Wat Chiang Man, Wat Phra Sing Woramahawihan, Wat Chedi Luang Worawihan, Wat Phan Tao, and the Three Kings Monument. Your tour will be assisted by tour guides who are happy to provide you with safety tips and the history of Chiang Mai along the way.



- Segway Gibbon, 29/4-5, Khotchasan Road, Tambon Chang Khlan, Amphoe Mueang Chiang Mai, Chiang Mai 50100
- 8.00 a.m. 6.00 p.m.
- +66 5301 0660
- https://g.page/segwaygibbon?share
- www.segwaygibbon.com



The Localist

Fun, knowledge, and creativity are served to everyone through arts and crafts and workshop at this craft community. Try your hand at designing your own handbound books by combining materials like planting seeds with techniques to create unique graphic designs. Learn how to make indigo-dyed fabric, handcrafted ceramics, chocolate bar, or even ancient hairpin to support the continuity of local arts. The workshop is held once a month, and the schedule can be obtained from the Localist fan page. Apart from joining the workshop, those who like trendy handicrafts using natural materials can also purchase handbound books here.

- 2/8 Chang Moi Kao Road, Tambon Si Phum, Amphoe Mueang Chiang Mai, Chiang Mai 50200
- Monday- Saturday from 10.00 a.m. 9.00 p.m., Sunday from 10.00 a.m. - 6.00 p.m. (closed on Wednesday)
- +66 6 3429 5655
- https://goo.gl/maps/uTKVHpGMmbY2cFKSA

Wat Ket Community

Stroll around Chiang Mai's old commercial community surrounding Wat Ketkaram. Both sides of the street are filled with vintage houses of treasured architecture that illustrate the diverse but harmonious blend of Western, Chinese, and Lanna cultures. Some of the buildings display the story and way of life of yesteryear for visitors to explore, while some buildings have been converted into shophouses, restaurants, and hotels; such as, Vieng Joom On Tea House, the famous Woo Café & Art Gallery that is decorated with flowers and arts, or the restaurant and gallery, built in the ancient Chinese style known as The Gallery.





https://goo.gl/maps/T6xiVFpTohJro51t5







Studio Naenna

Set amidst the ambience of Lanna, this studio was created from Patricia Cheesman's love and passion in Thai textiles. The studio has become a learning centre of ancient textiles that conserves the local wisdom and produces quality textile. Workshops are offered to teach weaving and dyeing with natural materials; such as, blue colour from indigo leaves, red colour from Indian rosewood and lac, and orange colour from annatto seeds. You can also learn the tying techniques to create different patterns upon your imagination. Come and discover the secret to the beauty and softness of Thai textiles.

- Amphoe Mueang Chiang Mai, Chiang Mai 50300
- Monday Friday from 9.00 a.m. 5.00 p.m.
- +66 5322 6042
- https://goo.gl/maps/N39B7a3zVqTMJxKz5
- www.studio-naenna.com







Maiiam Contemporary Art Museum

Enrich your imagination and aesthetic pleasure in arts at this contemporary art Museum, which displays masterpieces of numerous artists in Thailand. The outer wall of the modern style building is decorated with an eye-catching mirror façade. Inside, the building is spacious and simple with an area that let in fresh air and natural light with the special design technique of the roof, making it suitable for the exhibition of all forms of art, including painting, sculpture, and handicraft. Apart from the exhibition, the Museum also features a large café and a shop selling artworks, local products, and creative products. The outstanding architecture, exhibition, and atmosphere have earned this Museum the Best Asia Pacific New Museum of the Year Award from the Leading Culture Destinations (LCD) in 2017. Maiiam Contemporary Art Museum is therefore Chiang Mai's art and cultural tourist attraction that should never be missed.



 ${\color{red}\mathbb{Q}}$ 122 Mu 7, Tambon Ton Pao, Amphoe San Kamphaeng, Chiang Mai 50130



10.00 a.m. – 6.00 p.m. (closed on Tuesday)



+66 5208 1737



https://goo.gl/maps/rcqn2hjbountmyxR9



www.maijam.com



Side Dishes

Feel Happy, Peaceful, and Refreshed in Different Styles

Queen Sirikit Botanic Garden

The largest botanic garden in Thailand that covers an area of 10.4 square kilometres, the Garden collects rare and endangered species of plants for education, conservation, and research purposes. It also aims to tell the story about nature, so that people can understand the value of conserving plants and the environment. Closely explore the nature in different zones; such as, the museum of nature, outdoor garden, and glasshouse complex that imitates the real surroundings, and be amazed by the tropical rainforest, arid plants, and exotic species of carnivorous plants. The highlight is the Canopy Walkway that offers the panoramic bird's-eye view of the dry evergreen forest and evergreen forest.



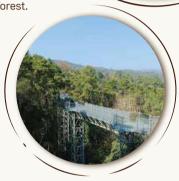




+66 5384 1234

https://goo.gl/maps/Tn43EV1jEQgEikxs5

www.qsbg.org







Wat Umong

Feel relaxed, both physically and mentally, by the serenity of Wat Umong (The Garden of the Buddhist Teachings), an ancient temple that has been located amidst the shady forest of Chiang Mai for over 700 years. The uniqueness of this temple is a large tunnel that is divided into several and connecting sections, where you can find Buddha images and ancient murals. The pathway in the tunnel leads to an upside-down bell-shaped Chedi above the ground. In the rainy season, this temple is even more exquisite, as it is full of moss that covers the wall outside the tunnel. Everyone will feel the cool and calm atmosphere from nature and the Buddhist teachings.



www.watumong.org/web

Baan Kang Wat

A landmark of happiness, Baan Kang Wat is a place where those in love with arts have renovated their house to be a community mall, decorated in a local style. Embraced by shady trees, the two-storey wooden house has become a shophouse that sells local handicrafts, a cute café serving food and organic beverages, and a studio that offers workshops on textile, ceramics and woodwork for visitors to come and create their own pieces of art. Importantly, Baan Kang Wat shows great concern for nature by using biodegradable materials, cooking clean and chemical-free food, and providing a special parking space for bikers who choose a low-carbon way of commuting.





10.00 a.m. – 6.00 p.m. (closed on Monday)

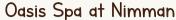
https://goo.gl/maps/i7LHi2TWyE7kBGuf8

www.facebook.com/Baankangwat www.baankangwat.com









Surrounded by the garden of greenery, this spa combines the local culture with Western science to offer customers the experience of happiness through various kinds of treatment. Here you can find Tok Sen massage (Lanna style massage), herbal compress massage, traditional Thai massage, aromatherapy massage, and fruit body scrub for soft and rejuvenated skin. All the treatments are done with natural ingredients and organic herbs along with music therapy and five-star service.





+66 5392 0111

https://goo.gl/maps/fe6AlJMWfkEQHhgj7

www.oasisspa.net/en/destination/chiangmai/Nimman









One Nimman

One Nimman is a new shopping destination in the Nimmanhaemin neighbourhood that combines the local identities with the new generation's lifestyles. The brick building is outstanding with the arch doorway and the combination of Western and Lanna architecture. The spacious ground and walkway are lined with numerous shops, restaurants, cultural spaces, cafés, and bars in which the contemporary Thainess is presented through the quality of services and products. Special activities are offered during holidays and festive seasons; such as, yoga class, swing dance class, as well as an organic market that sells vegetables, fruits, organic products, and freshly-cooked food for health-conscious people. One Nimman is the answer of a contemporary lifestyle.

- 1 Nimmanhaemin Road, Soi 1, Tambon Suthep, Amphoe Mueang Chiang Mai, Chiang Mai 50200
- 11.00 a.m. 11.00 p.m.
- +66 5208 0900
- https://goo.gl/maps/tUWxsqpRfLS4fP64A
- www.onenimman.com



Chiang Pai Appetiser



Feel the Nature, Learn the History, and Explore the Community's Culture





Ban Pang Ha Community Homestay

This is the community of innovation for the new generation, which has been established by a group of people who love their hometown and have gathered to combine the traditional way of life with new ideas. This innovation has uplifted this tiny village in Amphoe Mae Sai into a tourist attraction full of cultural charms. Local arts, culture, and sufficient ways of life are still maintained. This village is ready to welcome visitors with various activities. At Jinnaluck Miracle of Saa, tourists can try masking their face with the golden silk sheet mask, which is the local wisdom of Chiang Rai that can only be found here. Learn how to make mulberry paper with natural materials and decorate it with flowers, leaves, and grass. Then, sit in an I-tok (a kind of a farm tractor) to explore the village. Learn how to make a knife with traditional methods, make a candle, and learn about organic agriculture at guava and fig orchards. Explore the mulberry farm and the silkworm rearing house, as well as Kat Pang Ha, the market that sells organic vegetables in the morning and offers local cuisine in the late morning until the evening. Finally, try some tasty local food; such as, Khao Soi Noi, Khanom Lok Na, and other Tai Lue dishes. This is a resilient community, where the villagers support the continuity of the local wisdom and the concept of the sufficient ways of life while caring for nature in a sustainable way.

235 Mu 1, Tambon Ko Chang, Amphoe Mae Sai, Chiang Rai 57130



8.00 a.m. - 5.00 p.m.



+66 6 4679 7470 (Pangha Homestay Community)



+66 8 1883 9062 (Jinnaluck Miracle of Saa)



https://goo.gl/maps/qfZ91kF2SwBgx2wQ9



(www.facebook.com/panghahomestay





Chiana Saen Historic City

The historical evidence suggests that Chiang Saen was one of the first cities that was founded during the establishment of the Lanna Kingdom. Afterwards, the capital city was relocated several times before Chiang Mai became the centre of the Lanna Kingdom. Meanwhile, other cities were constantly expanding, including Chiang Saen. At present, Amphoe Chiang Saen is located on the ground of the ancient city named 'Hiran Nakhon Ngoen Yang Chiang Saen', showing a harmonious blend of a present-day city and the century-old ancient city with several historical sites. For example, Wat Phrathat Doi Pu Khao, which is situated on Doi Chiang Miang and features the Wihan (image hall) of over 1,000 years old, Phrachao Chiang Saen Buddha image, and a great view of the Golden Triangle, and Wat Phrathat Chom Kitti, which is the sacred place of Chiang Saen. Other important temples include Wat Phrathat Chedi Luang, Wat Pa Sak, and Wat Phrathat Pha Ngao. These temples showcase timeless beauty amidst the shady and pleasant landscape. The Wiang Chiang Saen Municipality offers a tram service for the historical tour with a narrator who provides insights about the legend of the city, to preserve the history and environment of the city.



Tambon Wiang, Amphoe Chiang Saen, Chiang Rai 57150

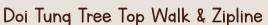


+66 5377 7287 (Chiang Saen Tourist Information Service)





Company of the last



Experience the adventure of walking on a 295-metre-long wooden suspension bridge, 30 metres above the ground, while learning about the forests in Doi Tung. As if the clock was turned back, the bridge leads visitors to enjoy a panoramic view of the fertility of the primary forest. Appreciate the beauty of the Giant Fishtail Palm, seasonal plants, and coffee plantations. Feel the adrenaline rush while ziplining to cross over the plots of vetiver grass. The suspension bridge is built of Siamese Sal wood, with a construction method that does not harm the surrounding environment and using firm wire rope to ensure the safety of visitors.

- Mae Fah Luang Garden, Doi Tung Development Project, Tambon Huai Khrai, Amphoe Mae Sai, Chiang Rai 57220
- 8.30 a.m. 11.30 a.m. and 1.00 p.m. 4.30 p.m.
- +66 5376 7015-7
- https://goo.gl/maps/Rq4avsWSmZsnW2F97
- www.doitung.org/news_events.php?ld=228







Hug Hom Mai Farm

Free your soul to seek happiness and relaxation at the Hug Hom Mai Farm, a small café that is embraced by the natural ambience of paddy fields and a canal. The café is built of natural materials and mostly decorated with wood to give visitors the feeling of warmth as if they were at home. Relax with the flowing stream, enjoy paddling the boat, or hang your legs into the stream and revel in the soft touch of the sun. Relish home-cooked food; such as, Khao Soi, Nam Ngiao, Khanom Chin Namya, and Miang Klip Bua, as well as tasty desserts. Every menu is cooked from the heart, using fresh ingredients to ensure that the food is as safe as if it is cooked for your own family. Come and discover that happiness at heart can be easily found.

- 🕅 144/2 Mu 11, Tambon Huai Khrai, Amphoe Mae Sai, Chiang Rai 57220
- 10.00 a.m. 5.00 p.m. (closed on Wednesday)
- +66 8 4046 3914
- https://goo.gl/maps/xhcwiuywJEuW7iVA8
- www.facebook.com/HugHomMaiFarm



Main Course



Simple Happiness Amidst Nature and Arts

Singha Park Farm Tour

Breathe in clean and fresh air in the embrace of nature at the Singha Park, another landmark in Chiang Rai that is ready to serve tourists numerous ecotourism activities on an area of over 12.8 square kilometres. Cycle along the low-carbon route, stop by jujube orchards and oolong tea plantations on the mountain slopes, and pass by rubber plantations, barley fields, strawberry orchards, and Shiitake mushroom farms. Enjoy some exciting activities; such as, adventure rope course, ziplining while admiring the view of Doi Chang, and rock climbing. Drop by to say hello to giraffes and zebras at the zoo. In the cool season, this vast area of pasture is full of blooming cosmos flowers for visitors to spend a refreshing time to their heart's content.







+66 5316 0636 - 637

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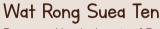
www.facebook.com/SinghaparkChiangrai











Be amazed by the beauty of Buddhist arts at Wat Rong Suea Ten that showcases the amazing applied arts by Phuttha Kapkaeo or 'Sala Nok', a local artist. Phuttha devoted his life creating the Wihan (image hall) that is unique for its contrasting colour of blue and gold and complemented with delicate and detailed carvings, particularly the intricate Naga staircase that is inspired by the works of Thawan Duchanee, the national artist. Enshrined inside the Wihan is 'Phra Phuttha Ratchamongkhonbodi Trilokkanat', a Buddha image that is as white as the colour of the pearl. All the amazing arts here reflect the faith and great devotion by a Buddhist and artist.



- 306 Mu 2, Ban Rong Suea Ten, Tambon Rim Kok, Amphoe Mueang Chiang Rai, Chiang Rai 57100
 - 7.00 a.m. 8.00 p.m.
- +66 8 2026 9038
- https://goo.gl/maps/yi81L5hV4e1JGm2YA



Khua Sinlapa

Indulge in the world of arts, created by Chiang Rai artists, at Khua Sinlapa, a hub of creative artists who work for the public. 'Khua' in Northern Thai dialect means 'bridge', while 'Sinlapa' is Thai for arts; thus, 'Khua Sinlapa' then means the 'bridge that connects arts with society'. Enjoy many forms of art exhibitions by artists from Chiang Rai and foreign countries; such as, paintings, sculptures, and handicrafts, which are organised to raise funds to support different public sectors, including hospitals. Creative activities are continuously organised; such as, art camps and workshops that promote arts education to the youth. Sip coffee and purchase the artists' works that include painted T-shirts, cotton bags, and postcards at the souvenir shops in the ambience that is full of imagination and inspiration.

- 511 Mu 1, Phahonyothin Road, Tambon Ban Du, Amphoe Mueang Chiang Rai, Chiang Rai 57100
- 10.00 a.m. 7.00 p.m. (Gallery & Souvenir shop) 10.00 a.m. – 10.00 p.m. (coffee shop)
- +66 5316 6623
- https://goo.gl/maps/4vW3QTuAUEAEdUYs9
- www.artbridgechiangrai.org



Sawanbondin Farm & Home Stay

Learn and explore the sufficient way of life at the Sawanbondin Farm & Home Stay, a small farm with staff who provide quality service, including picking fresh Thai herbs to create a variety of tea with different aromas, tastes, colours, and benefits. Happiness is presented through green activities; such as, blending tea, in which you get to learn about tea, taste the tea, as well as design your own taste of tea, or create ceramic products in different shapes according to your imagination. Enjoy beverages as well as organic and tasty desserts, which are good for your health. For anyone who wants to experience this slow-paced way of life, there is homestay accommodation that is simply decorated and set amidst the nature available.

- 171/12 Mu 4, Soi 1, Ban San Tan Lueang, Tambon Rim Kok, Amphoe Mueang Chiang Rai, Chiang Rai 57100
- +66 8 1205 3554
- https://goo.gl/maps/igept1jyTGFR5ySM8
- www.facebook.com/SawanbondinFarm







Enzyme Bath Thailand

Unwind and relax with the rice bran spa treatment at Enzyme Bath Thailand. Influenced by the Japanese natural treatment, the Enzyme Bath is where you immerse yourself in a tub, filled with rice bran of 60 degrees Celsius, and let the beneficial bacteria and enzymes gently relax your body. Fifteen minutes of this treatment is as beneficial as a 15-kilometre jog. This treatment makes you feel relaxed, and is also a form of detoxication by releasing sweat and toxins and improving the immune system. Injuries can be slowly recovered and skin softened, returning good health to both mind and body.



215 Mu 1, Tambon Rim Kok, Amphoe Mueang Chiang Rai, Chiang Rai 57100



9.00 a.m. - 6.00 p.m. (closed on Monday) Please make an appointment in advance.



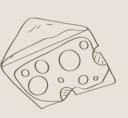
+66 8 9952 3372, +66 8 6564 7499



https://goo.gl/maps/zKGVs1Kj9cxDaJx78











Chiang Rai Walking Street and Thanon Khon Muan

Spend time browsing and purchasing local products, including handmade products, hill-tribe products, home decor items, and local handicrafts. Have fun sampling a variety of delicious dishes as well as fresh organic vegetables. Enjoy the arts and cultural performances by children and people of Chiang Rai. On Saturday evening, come to join the activities at the Chiang Rai Walking Street or Kat Chiang Hai Ramluek, while on Sunday evening, enjoy exploring Thanon Khon Muan.

Consultation of the light

- Chiang Rai Walking Street, Thanalai Road, Tambon Wiang, Amphoe Mueang Chiang Rai, Chiang Rai 57000
- Saturday from 4.00 p.m. 0.00 a.m.
- https://goo.gl/maps/yidRydB62UfPWEyJ7
- Thanon Khon Muan, San Khong Noi Road, Soi 1, Tambon Rop Wiang, Amphoe Mueang Chiang Rai, Chiang Rai 57000
- Sunday from 4.00 p.m. 0.00 a.m.
- https://goo.gl/maps/GRyz6wLAjzgFAHjo9



amsang Main Course

The City of Arts and Nature

Wat Lai Hin Luana

Enjoy the beauty of Lanna arts at Wat Lai Hin Luang or Wat Sela Rattana Papphataram. The ancient Wihan (image hall), the work of Chiang Tung craftsmen, is decorated with intricate coloured murals while the gable and the arched entrance are built with authentic Lanna style masonry and adorned with sculptures of mythical creatures. There is also a library, keeping the ancient scripts of the Buddhist teachings, that you can observe. This ancient temple is truly invaluable in arts and history.



+66 5427 4006

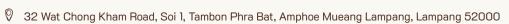
https://goo.gl/maps/z5BxrjnuZKJMF8zL7





Dhanabadee Ceramic Museum

The learning centre of the 'Chicken Bowl of Dhanabadee' was founded by Phanasin Dhanabadeesakul, the son of E Simyu Saechin who established the first ceramic factory in Lampang. The Museum features the demonstration of traditional chicken-patterned bowl production and welcomes visitors to closely study its high-tech industrial process. You can also observe the dragon kiln, an ancient kiln for producing ceramics, as well as try your hand at painting the bowl or the glass. This museum is indeed a great place that conserves history and shares wisdom with everyone.



9.00 a.m. – 5.00 p.m. (tour starts at the beginning of the hour at 9.00 a.m., 10.00 a.m., 11.00 a.m., 1.00 p.m., 2.00 p.m., 3.00 p.m. and 4.00 p.m.)

+66 5482 1558

https://g.page/MuseumDhanabadee?share

www.dhanabadee.com













Museum Lampang

Have fun obtaining knowledge at Museum Lampang, which presents the story of Lampang through the 'Human – City – Lampang' exhibition. The Museum is divided into 16 rooms that cover 3 topics, including 'Humans' that exhibits about people who drove Lampang in the social, economic, and cultural dimensions; 'City' that illustrates the development of Lampang from the past until the present, and 'Lampang' that displays the unique character of the city, including local dialect, horse-drawn carriages, and other kinds of wisdom. All the contents are presented using technology and other types of media to recreate events and architecture to make it more exciting for the youth and the public to understand the true identity of Lampang.

- The old city hall building, Bunyawat Road, Tambon Suan Dok, Amphoe Mueang Lampang, Lampang 52000
- Tuesday Sunday 9.00 a.m. 5.00 p.m. (closed on Monday)
- +66 9 3308 9538

www.facebook.com/lampangmuseum

https://goo.gl/maps/Gm9WuDs9VnsRDtH89

Lampana's Street Art

Splendid paintings on the walls and buildings by the Wang River in the city of Lampang, not far from the Ratsadaphisek Bridge and Kat Kong Ta walking street, are the work of over 20 artists that got together to create Lampang's Street Art. Adding colours to the age-old walking street of the city, these paintings brilliantly illustrate the identity of the province; for example, several different paintings of the white hen, which is the symbol of Lampang, the painting of the chicken-patterned bowl, the painting of Khao Taen (crispy rice cake), etc. Lampang's Street Art enables people to appreciate the beauty of the city in another angle.

At the Ratsadaphisek Bridge

- Around the wall by the Ratsadaphisek Bridge, Ratsada Road, Tambon Hua Wiang, Amphoe Mueang Lampang, Lampang 52000
- https://goo.gl/maps/oltfktnUQCJDJvGD8

At Kat Kong Ta Walking Street

The south side of the Wang River near Kat Kong Ta,
Talat Kao Road, Tambon Suan Dok, Amphoe Mueang Lampang,
Lampang 52100



Melann Café

Moung Ngwe Zin Building is an ancient gingerbread-style building with a hipped-gable roof that was awarded the Outstanding Architectural Conservation Award in the Lanna architecture category in 2007 from the Association of Siamese Architects under Royal Patronage (ASA). The Building now houses Melann Café; and the recommended menu, the Moung Ngwe Zin Set, which consists of the Café's best beverages, including Thai tea, green tea, coffee, lemon tea, and cocoa, served in small cups and accompanied by Khao Taen (crispy rice cakes) in a bamboo basket. Other menus are also worth trying. Within the Café is also a gallery that sells home decor items and souvenirs, as well as showcases exhibitions of arts and the legend of Lampang. Visitors can refill their energy and appreciate the beauty of arts and ancient architecture that are well conserved.

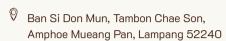
- Moung Ngwe Zin Building, Kat Kong Ta, Talat Kao Road, Tambon Suan Dok, Amphoe Mueang Lampang, Lampang 52100
- Tuesday Friday from 8.00 a.m. 5.00 p.m. Saturday Sunday from 9.00 a.m. 9.00 p.m.
- +66 8 6728 6362
 - https://goo.gl/maps/GqH2ESHf6QHhz5nb6
- www.facebook.com/Moungngwezin-279801275420629



Chae Son Nammorn Weaving Group

Appreciate the beauty of Nammorn textiles, which are handwoven and naturally dyed, and has been selected as an OTOP product of Lampang. This handicraft is the result of a group of villagers who put the local wisdom that has been passed on from their ancestors into practice. The 'Kai pattern', a spiral embossed pattern, is combined with a crosswise pattern, which is different from the traditional lengthwise pattern.

It, thereby, makes the textile unique and can be developed into several kinds of products. Nammorn textiles are therefore the products of cultural conservation in combination with contemporary creativity.



+66 8 3895 5963

https://goo.gl/maps/CKZ8jM727rBwPVPa7

www.facebook.com/NammornDesign





Chae Son National Park

The steam that floats across the area with the sulphuric smell that permeates the air is the by-product of natural hot springs, the source of mineral water that flows within the Chae Son National Park. The average temperature of the mineral water is between 70 and 80 degrees Celsius; thus, it is not suitable for bathing, but one can boil eggs and eat them. Nearby is a stream of warm water, which is the result of the cool water from Namtok Chae Son (Chae Son Waterfall), flowing into the stream of the hot spring water. The temperature is perfect for bathing and the National Park therefore provides a bathhouse for visitors to relax and rejuvenate amidst the nature. There are several attractions within the National Park; such as, Namtok Chae Son, Namtok Mae Mon, Namtok Mae Khun, and Tham Pha Ngam.

Tambon Chae Son, Amphoe Mueang Pan, Lampang 52240

Monday – Friday from 8.00 a.m. – 6.00 p.m.
Saturday – Sunday from 7.00 a.m. – 6.00 p.m.

+66 8 9851 3355

https://goo.gl/maps/3TodAQfFP744tQ2T7

www.park.dnp.go.th

Ban Pa Miang Community

Various species of plants paint the area with green colour while the sound of the stream is like an all-day-long lullaby. This is the Ban Pa Miang Community, where houses are located on different layers of mountainous slopes. The villagers live a simple and sufficient way of life and cultivate Miang (tea). At present, the Community offers homestay accommodation for visitors to learn the local way of life. Visitors can learn how to make Miang products, from collecting Miang leaves to processing them into tea leaf pillows or drinking tea. Enjoy a local meal, in which Miang leaf is used as an ingredient. The next morning, admire the sunrise at Kio Fin, a viewpoint, located near the village. By visiting Ban Pa Miang, visitors will get to see the co-existence of humans and nature and how to live without disturbing the surroundings.



+66 8 4894 9122, +66 9 7216 9345

https://goo.gl/maps/naf6iu8tvRnWygZy9

www.facebook.com/PaaMiang







Northeastern Nakhon Patchasima

Main Course

Relax and Be Happy in the Embrace of Nature

Farm Chokchai

Farm Chokchai has a firm belief that to create 'a green world', the soil is the first element to start with. Once the soil is good, a plant will grow well. This is the first step to create 'good consciousness' and to plant the beauty of our society. As a result, Farm Chokchai has been developed as an agro-tourism attraction that provides knowledge about the production of dairy products. Visitors can have fun with the activities that resemble cowboys' daily life at the farm, including horseriding, milking a cow, and making icecream. Visitors can gain insight through a hands-on experience while learning about environmental

a hands-on experience while learning about environmental conservation and farm management, as well as pay a visit to the Artificial Insemination Centre. All the activities reflect that Farm Chokchai not only wants to create awareness about conservation, but also to plant a seed of belief that everyone can co-exist in society and live in harmony with every natural living organism.

169 Mu 2, Mittraphap Road, Tambon Nong Nam Daeng, Amphoe Pak Chong, Nakhon Ratchasima 30130 (If travelling in groups, appointment must be made at least one week in advance)

Tuesday – Friday: Tour starts at 10.00 a.m. and 2.00 p.m. Weekend and public holidays: Tour starts at

Morning: 10.00 a.m./10.20 a.m./11.00 a.m./11.20 a.m.

and 11.40 a.m.

Afternoon: 1.00 p.m./1.20 p.m./1.40 p.m./2.00 p.m./ 2.20 p.m./2.40 p.m.

(closed on Monday except if it is a public holiday, the Farm will be closed on the following day.)



https://goo.gl/maps/6dhLwxa6t9megQuo6

www.farmchokchai.com/th/index.html www.facebook.com/farmchokchail957



A panorama of overlapping mountains provides a beautiful background for the sight of the morning sun kissing the grapevines at the PB Valley Khao Yai Winery, which covers an area of over 3,200,000 square metres. Apart from cultivating grapes for the production of premium wine, the Winery also offers a variety of activities; such as, touring the vineyard by car and learning about the different varieties of grape. Visitors can also observe the largest winery in Southeast Asia and learn

every step of wine production, as well as sample wine from oak barrels that are imported from France. Have fun painting the wine corks and enjoy dining at the Great Hornbill Grill

102/2 Mu 5, Mittraphap Road, Tambon Phaya Yen, Amphoe Pak Chong, Nakhon Ratchasima 30130

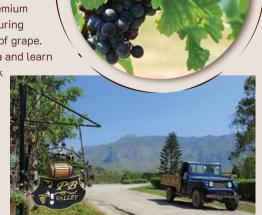
restaurant before purchasing grape products as souvenirs.

8.00 a.m. – 8.00 p.m. (There are six rounds of tour around the farm: 8.30 a.m./ 10.00 a.m./11.30 a.m./1.00 p.m./2.30 p.m. and 4.00 p.m.)

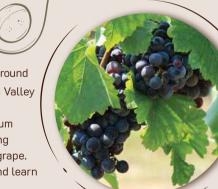
+66 8 5481 1745

https://goo.gl/maps/8mbeX9mC9SFsB9Ep9

www.pbvalley.com









Khao Yai National Park

Thailand's first national park, the Khao Yai National Park covers a large forested area and has been declared as a UNESCO World Heritage Site. There are a variety of attractions including beautiful waterfalls; such as, Namtok Pha Kluaimai, Namtok Heo Suwat, and Namtok Heo Narok. The Park is also home of wildlife; such as, tiger, elephant, deer, gaur, gibbon, and various species of birds. Visitors can go to the Nong Phak Chi Wildlife Watching Tower or the Mo Singto Wildlife Watching Tower to observe herds of deer, gaur, and wild elephant coming to the salt licks. Moreover, visitors can visit the Pha Diao Dai Viewpoint, where the beauty of the sunrise can be clearly appreciated. This national park still maintains its rich ecological system. Spend a night camping amidst the nature and listen to the lullabies of the forest, birds, and waterfalls, and visitors will find that happiness is within reach.

- Tambon Mu Si, Amphoe Pak Chong, Nakhon Ratchasima
- 8.00 a.m. 6.00 p.m.
- +66 8 6092 6529
- https://goo.gl/maps/44SGykDfz8WMUaDH6
- www.khaoyainationalpark.com



The love for nature and arts is the inspiration for Phongchai Chindasuk to establish this museum to exhibit his collection of arts, including paintings by famous artists; such as, Thawan Duchanee, Chalermchai Kositpipat, Chalood Nimsamer and other new generations of artists, as well as numerous sculptures. The exhibitions are both in the art hall and outdoors. Another special feature of this art museum is that it is located in the heart of nature and embraced by the green landscape. Visitors can find the modern style houses called 'Art Space', which are beautifully decorated with paintings and sculptures, and 'Art Shop' selling souvenirs. Visiting this place enables one to be inspired by art and to receive energy from nature, and allows one to be contented and relaxed at the same time.

- Ban Tha Chang, Mu 6, Tambon Mu Si, Amphoe Pak Chong, Nakhon Ratchasima 30130
- 9.00 a.m. 5.30 p.m.
- +66 4475 6060
- https://goo.gl/maps/7ubGrPvYP1Tua2B37
- www.khaoyaiartmuseum.com



The Mew

The Mew is a café in a rice barn atmosphere that selects the architectural style and raw materials that resemble nature; such as, using large window glass to allow natural light inside, having high ceiling for air circulation, and decorating inside the café with plants for the shady and cool ambience. More importantly, this café has home-made menus in which herbs are the main ingredients in almost every dish; such as, 'Herb Kurobuta Burger' that uses home-made bread made of three types of herbs, and 'Salmon Fried Rice with Chili Dip' served with fresh vegetables. Enjoy 'Mew Curry Puff', a DIY curry puff of which visitors can choose the filling themselves. Late morning on the weekends, visitors can find 'The Mew Hill Market', which features stalls selling handmade products, agricultural products, and creative gifts, as well as fun workshops.

Remarks: For activities scheduled by the The Mew Hill Market, please visit the webpage 'Retail All Around' and 'The Mew Khaoyai'.

- © 2 Thanarat Road Km. 12, Tambon Nong Nam Daeng, Amphoe Pak Chong, Nakhon Ratchasima 30130
- Friday from 10.00 a.m. 9.30 p.m.

 Saturday Sunday from 10.00 a.m. 9.30 p.m.
- +66 9 8382 5433
- https://goo.gl/maps/AzLww9sWX6RyaSfh7
- www.facebook.com/TheMew.KhaoYai

Khao Yai The Mango House Farm (Ban Mak Muang)

The term 'Mak Muang' is what the elders call 'mango'. Ban Mak Muang is the farm in which various species of mango are grown on an area of 400,000 square metres. In particular, barracuda mango has always been taken good care of. The wisdom and experience collected for decades combining with the rich soil of Pak Chong, allow the barracuda mango to be fragrant and sweet. Inside the farm is the 'Farm Shop' that sells fresh mangoes and other menus made of mango; such as, mango sticky rice, mango pudding, mango ice-cream, mango juice, and dried mango. Every product has been processed from mangos and other materials created

has been processed from mangos and other materials created by the farm. It is not only to pass on good quality products to customers, but also to preserve the pride and value of the agricultural land of Pak Chong is the concept of Ban Mak Muang, which illustrates a sustainable way of

agriculture in Thailand.

60/3 Mu 5, Soi Ban Khao Khaep, Tambon Nong Nam Daeng, Amphoe Pak Chong, Nakhon Ratchasima 30450



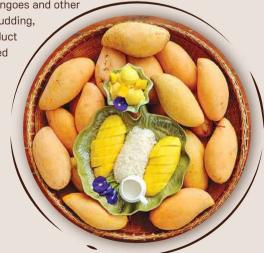
+66 9 4521 1121

https://goo.gl/maps/KXNU7knT64d9H7pN7

www.facebook.com/KhaoYaiTheMangoHouseFarm







Baan Nok Kok Na Khao Yai

A piece of land that is surrounded by pure nature, with a bamboo bridge spanning across the greenish paddy fields and a simply constructed house that is completed with a homegrown vegetable garden, where visitors can collect vegetables for cooking every day. This is a dream that many people can experience in reality at Baan Nok Kok Na Khao Yai. This area is an integrated and organic farm, which follows the sufficiency economy philosophy of King Rama IX the Great. In the middle of the paddy fields is a café that offers a cosy environment of being embraced by nature. There is a farmstay with agricultural plots and a playground for children to experiment being junior farmers. Riceberry that is organically grown at the farm can also be purchased. Escape from a busy life in a big city to relax, sip coffee, appreciate the nature, and

469 Mu 7, Tambon Wang Sai, Amphoe Pak Chong, Nakhon Ratchasima 30130

enjoy farming activities here to reward yourself with a moment of relaxation and fill your heart with joy.

70.00 a.m. – 6.00 p.m.

+66 8 3095 2199

https://goo.gl/maps/eLLchokjNT69rrnQ7

www.baannokkokna.com



บานนอกโปกอกนา เขาหล

Buri Papa Main Course

Step through Time and Return to the Stone Castle Era



Phanom Rung Historical Park

A pink sandstone castle showcasing treasured ancient Khmer arts was built over time, faith, and religious beliefs. The carvings tell the background of the history and reflect the grandeur of the ancient kingdom that sits atop the Phanom Rung Hill, an extinct volcano surrounded by a landscape of natural beauty that makes Prasat Phanom Rung stand out with prominence and grace. A natural but rare phenomenon occurs four times a year, during sunrise in April and September and during sunset in March and October, in which the sun's rays shine through all 15 doorways of Prasat Hin Phanom Rung and create a magical sight through a 76-metre-long tunnel. Apart from observing the traces of the ancient civilisation amidst the clean and tidy environment, visitors can also experience peace that is combined with the balance of nature, community, religion, and local culture.

7 Tambon Ta Pek, Amphoe Chaloem Phra Kiat, Buri Ram 31110

6.00 a.m. – 6.00 p.m.

+66 4466 6251

https://g.page/Panomrung?share

www.facebook.com/prasathinphanomrung

Prasat Mueana Tam (Mueang Tam Stone Sanctuary)

A beautiful Khmer shrine in the Bapoun style that is also one of the best-preserved ruins in the Northeastern region, Prasat Mueang Tam is believed to have been built in dedication to the God Shiva and other Hindu gods. The surroundings are well-shaded and well-kept with a good management system. There are young tour guides, who are happy to take visitors around and provide information about the archaeological site. Prasat Mueang Tam is located near Ban Khok Mueang, a resilient

community where the community members adhere to the Sufficiency Economy philosophy and pay attention to environmental conservation. Not only will visitors get to explore the history of the magnificent ancient stone sanctuary, but they will also find a community that is filled with faith in conserving nature and culture that has been part of their community for a long time.

Tambon Chorakhe Mak, Amphoe Prakhon Chai, Buri Ram 31140

6.00 a.m. – 6.00 p.m.

+66 4466 6251

https://g.page/Muangtam?share www.facebook.com/muangtamtemple









Have fun experiencing the local way of life, which revolves around organic agricultural practices and Sufficiency Economy philosophy, at Ban Khok Mueang, a cultural tourism village. Enjoy learning through several stations that illustrate the occupation of the villagers including organic agricultural activities, cultivating and eating jasmine rice grown on volcanic soil, and weaving Matmi silk in the vegetable fern pattern that is the village's signature pattern. Visitors can also spend time learning about making handwoven cotton fabric and dyeing it in 100% natural colour from flower, bark, or husk, so that the fabrics are beautifully coloured without using any chemical to irritate the skin. The villagers here also create mud-soaked fabrics, where the mud is taken from the Barai that is over 100 years old, making the fabrics to be fast in colour, soft and comfortable to wear, and has a nice soil fragrance. Ban Khok Mueang is a green community that is blessed with important historical sites and has their own culture and local wisdom, while the villagers live a self-sufficient lifestyle and conserve their own resources for the sustainable future. A visit to Ban Khok Mueang will surely be a simple but remarkable experience.



Tambon Chorakhe Mak, Amphoe Prakhon Chai, Buri Ram 31140



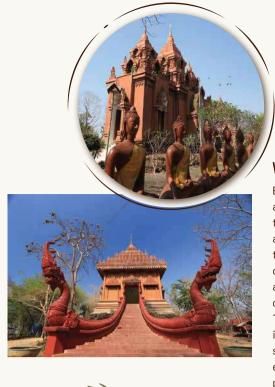
+66 8 8193 8840



https://goo.gl/maps/sCMjGCaAB7T2KjYW7



www.bankokmuang.in.th







Wat Khao Phra Angkhan

Explore an ancient temple from the Dvaravati period that sits atop Khao Phra Angkhan, an extinct volcano. The religious site that is over 1,000 years old features amazing architecture and artefacts. You can see a three-spired hall, and mural paintings telling the story of the life of the Lord Buddha in English and conveying the message of the balance of humans and nature, and how people live together in harmony without interrupting others and the environment. This is also the only place in Thailand where you can find Bai Sema (boundary marker), an important artefact made of basalt from the Dvaravati period, surrounding the Ubosot (ordination hall). All of these are the evidence of arts and culture that were made in different time periods but express the dimension of arts from different eras seamlessly.





www.facebook.com/Angkarn.Temple



Clean Farm Melon

Refresh your body and soul at Clean Farm Melon, a new organic agrotourism attraction that converted an empty piece of land to be a farm that cultivates Japanese melon in a closed nursery system. The melons are of high quality, big, fragrant, sweet, and can be eaten fresh or processed into beverages like blended melon juice or desserts; such as, ice-cream, bingsu, and honey toast. The farm not only creates jobs and reputation for the community, but also is willing to share their knowledge and understanding of an integrated farming system in a sufficient manner.

Nang Rong - Buri Ram Road (Highway 218), Km. 39, Tambon Nong Yai Phim, Amphoe Nang Rong, Buri Ram 31110

6.00 a.m. – 6.00 p.m.

+66 9 6910 4465. +66 8 1268 1354

https://goo.gl/maps/dVcPsC7LDDQZvPCw5

Phu Khao Fai Kradong Forest Park

Become an explorer and spend time exploring all the details of Khao Kradong, one of the six extinct volcanoes in Buri Ram and the youngest volcano in Thailand at around 300,000-900,000 years old, where the traces of the volcano's eruption in half-moon shape can be seen clearly. A visit to Phu Khao Fai Kradong Forest Park allows visitors to enjoy a variety of activities, including walking around the crater of the Kradong volcano and enjoying a panoramic view from the suspension bridge, trekking along the nature study trail and observing different kinds of plants, and biking around the perimeter of the

Forest Park. The top of Khao Kradong is also a place where Phra Suphattharabophit, a Buddha image highly revered by the locals, is enshrined and is also where visitors can enjoy

a spectacular scenery of Buri Ram city.



6.00 a.m. - 6.00 p.m.

+66 4463 7349

https://goo.gl/maps/DPmAsbfU77XARYx99

(khaokradong.business.site



Chang Arena

Home of the Thunder Castle Team or Buri Ram United Football Club, Chang Arena is also known as Thunder Castle Stadium and is the pride of the people in Buri Ram for having a spectacular stadium with international standards. The stadium has also been recorded in the Guinness World Records for being the fastest constructed stadium, which took only 256 days. Constructed with the purpose of being the home stadium of Buri Ram United, the stadium has a capacity of 32,600 seats, and is complemented with Buri Ram Castle, a community mall where visitors can enjoy chilling, dining, and shopping in one place. The mall has been designed with the Phanom Rung Historical Park and the community around it in mind. It features the model of the Phanom Rung Historical Park that perfectly replicates the Khmer ruins even the carvings and the 15

doorways where the sun can shine through just like the real Phanom Rung Castle. At nighttime, visitors can also be amazed by additional colourful lighting.

- Tambon Nai Mueang, Amphoe Mueang Buri Ram, Buri Ram 31000
- +66 2026 6118
- https://goo.gl/maps/pAu4xJhoW5jtxsNu7
- www.buriramunited.com/home







Play La Ploen

The biggest winter flower park in the Northeastern region and a place where visitors can see winter flowers year-round in the European-style gardens. Spend time exploring a variety of flora that are divided into 6 nurseries, including season flower plants that change depending on the time of the year, different species of ferns in the Primitive Greenhouse, Bromeliad garden that displays Bromeliad under the 'colour of nature' concept, an array of orchids, cactus and tropical plants under the concept of the pyramids, and various species of anthurium in the theme of the Northeastern region. Visitors can also find cosmos fields, as well as sheep and pony farms here. The Sufficiency Economy philosophy has also been adapted to different zones; for example, the organic vegetable plot and herbal plant plot. One cannot miss purchasing Isan-style products and 'Made in Buri Ram' products as souvenirs and spend time relaxing at a stylish coffee corner. Not only is Play La Ploen an enjoyable attraction, it is also a destination for relaxation that is filled with colourful memories.

- 252 Mu 7, Tambon Khu Mueang, Amphoe Khu Mueang, Buri Ram 31190
- Monday Friday 6.00 a.m. 5.00 p.m. Saturday – Sunday 6.00 a.m. – 6.00 p.m.
- +66 8 7798 1039, +66 4463 4736
- https://goo.gl/maps/wCHitVhJj45UgWpKA

Consultation of the little

www.facebook.com/PlayLaPloen

Non Patchathani Main Course

The Miracle of the City of Stones in the Easternmost Part of Thailand

Sam Phan Bok

Sam Phan Bok is a natural phenomenon known as the 'Grand Canyon of the Mekong'. The large rock sculptures have been eroded by the river for centuries, resulting in over 3,000 holes; hence, it is named 'Sam Phan Bok' ('Sam Phan' is Thai for 'three thousand' and 'Bok' is 'hole' in the Isan dialect). Each hole has different shapes; such as, heart, star, and Micky Mouse. Visitors can witness this wonder of nature, where the gigantic natural architecture covers the area of more than 5 kilometres, from October to May of every year. To closely experience the miracle of Sam Phan Bok, take a boat trip to explore nearby attractions; such as, Pak Bong, Kaeng Song Khon, Hat Salueng, Pa Hin Sila Lek, and Hat Hong. Moreover, one can witness the co-existence of the Thai and Lao fishing communities by the Mekong River, where their fishing activities never harm nature, as they simply catch fish to make a living in accordance with the Sufficiency Economy philosophy.



+66 8 3749 6098

https://goo.gl/maps/vT9pBQevRQ1nEEuc9



Pha Taem National Park

Enjoy the first sunrise in Siam on this high cliff with the spectacular landscape of both sides of the Mekong River. The River is a natural boundary separating Thailand and Lao PDR. The Pha Taem National Park is a tourist attraction that tells the stories of human habitation by the Mekong River and features ancient natural sculptures. For example, Pha Taem is where the pre-historic paintings dating back 3,000-4,000 years were found. The paintings including the shapes of animals, human, hands, geometry, and fishing equipment, are scattered upon the cliff face. Namtok Long Ru, also known as Namtok Saeng Chan, is where water falls down from a large hole and resembles a ray of moonlight. Next destination is Namtok Soi Sawan, the place where the water flows downwards from two sides of the cliff and joins to form a shape of a necklace. Beside the stream is a large stone ground, in which during the end of the rainy season to the beginning of winter, it is filled with wild flowers; such as, Mani Thewa, Daeng Ubon, Yat Namkhang, and Dusita. Finally, observe Sao Chaliang, a natural sandstone rock formation in the shape of a mushroom, that was formed millions of years ago by water and wind erosion. This invaluable piece of art is

- Tambon Huai Phai, Amphoe Khong Chiam, Ubon Ratchathani 34220
- 6.00 a.m. 6.00 p.m.
- +66 4524 9780
- https://goo.gl/maps/givAqfmuVv8TKGEw8

a natural wonder that nature has given us.

park.dnp.go.th/visitor/nationparkshow.php?PTA_CODE=1073



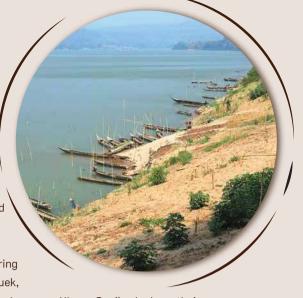




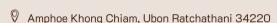


Khong Chiam

Situated in the easternmost part of Thailand and being the part where the Mekong River flows into the neighbouring country, Khong Chiam is where the Mun River meets the Mekong River and becomes a bi-coloured river, with the blue colour from the Mun River and brown colour from the Mekong River. Khong Chiam is also the last district of Thailand that connects to Lao PDR. Historical traces can still be seen today; such as, Tuek Khao, a colonial-styled commercial business building constructed in 1893 during the French colonisation. Visitors can find Ban Woen Buek,



a community that belongs to the Bru ethnic group (also known as Kha or Suai), who have their own spoken language and beliefs. In downtown Khong Chiam, there is a tiny street with classic wooden houses on both sides. During the end of the year, visitors can enjoy cruising along the Mekong River to admire the beauty of the River and explore the fishermen's way of life that is simple and respectful to the nature, and observe how they use an ancient fishing tool called 'Tum Pla Yon'. All of these can be found at Khong Chiam, a small district that is full of charms.







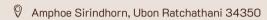
local wisdom back to this community by encouraging villagers living along the Mekong River to grow organic cotton. Grannies and aunties are invited to help grow indigo, perform the tie-dyed process, and weave cotton textiles. The classic wooden house is refurbished to be a learning centre and demonstrates every step in making cotton products, including extracting seeds from the cotton balls, fluffing the cotton balls, rolling the cotton balls into slivers, spinning the cotton slivers into cotton yarn, and weaving. Moreover, there is a café, which is decorated in a vintage style, and a homestay service. Visitors can enjoy DIY activities; such as, making a tie-dyed bag, bamboo weaving, and making key rings from leftover pieces of cloth. Experience the local culture and way of life of the people in Khong Chiam by cycling around the community. Holidays are simple and beautiful just like that.

- 2 12 Mu 1, Kaeo Pradit Road, Tambon Khong Chiam, Amphoe Khong Chiam, Ubon Ratchathani 34220
- +66 4521 0324
- https://goo.gl/maps/4hdmbTZVABxPkdQ46
- www.facebook.com/OnceUponaTimeKhongchiam



Kaeng Tana National Park

Being the forested area surrounded by small mountains, with the Mun River, Mekong River, and Lam Dom Noi running through, the Kaeng Tana National Park features Kaeng Tana, the rapids in the middle of the Mun River with black-coloured boulders full of holes of different sizes and shapes from the erosion by rapid streams. This wonder of nature in the middle of the river is not only gorgeous, but also nurtures the lives of the local fishermen because there are various caves under the water that are inhabited by numerous fish. Also, within the National Park is Namtok Tat Ton, and the longest suspension bridge in Isan that offers scenic views on both sides of the Mun River and provides a path for visitors to explore the nature on Don Tana, a large island in the middle of the Mun River.

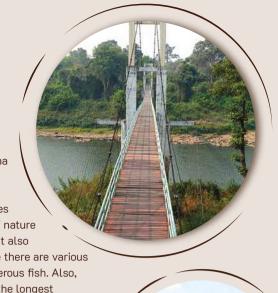


8.00 a.m. - 5.00 p.m.

+66 4525 2722

https://goo.gl/maps/zTDPZmZoV9CkgxWP6

park.dnp.go.th/visitor/nationparkshow.php?PTA_CODE=1031







Wat Sirindhorn Wararam Phu Phrao

When the nocturnal sky is painted with an indigo colour, the luminous painting of a wishing tree on the wall behind the Ubosot (ordination hall) lights up with a green glow, creating a picturesque ambience to the temple. Wat Sirindhorn Wararam Phu Phrao is located upon the hill and is striking with the Ubosot that is an imitation of the one at Wat Xieng Thong in Luang Prabang, Lao PDR, which showcases a combination of Lanna and Lan Xang arts. Behind the Ubosot is a viewpoint, where one can appreciate the majesty of the Mekong River, the Lao PDR, Chong Mek Thai-Lao border, and a reservoir. It is also one of the most beautiful spots to watch the sunset in Ubon Ratchathani. A visit to this temple allows one to appreciate the beauty of arts and surrounding nature, and also lets one feel the happiness, tranquillity, and the balance that is formed within oneself through the power of faith.

Tambon Chong Mek, Amphoe Sirindhorn, Ubon Ratchathani 34350



https://goo.gl/maps/Dcz7qTTKUjPClutQA

Eastern (hon Buri Appetiser



A Wonderful Holiday in a Delightful Coastal City

Nong Nooch Tropical Garden

Refill your happiness and refresh your body amidst the world-class tropical garden. The vast area of 2,720,000 square metres is full of rare plant species from many countries and a variety of flowering and ornamental plants that paint the gardens with pretty colours amongst many splendid sculptures. The Garden, including the French Garden, Italian Garden, Flamingo Garden, and Ant Building, are designed with the 'plant conservation and

reducing global warming' concept. A skywalk allows visitors to explore the gardens from above while the Dinosaur Valley sparks the imagination for children with its perfect imitation of the primitive world. Visitors can also enjoy the cultural performance from all 4 regions of Thailand. The Nong Nooch Tropical Garden is a place where everyone can enjoy exploring the nature and culture.

34/1, Mu 7, Tambon Na Chom Thian, Amphoe Sattahip,



Chon Buri 20250 8.00 a.m. – 6.00 p.m.

+66 3823 8061

https://goo.gl/maps/XkVpu4Wwfjf3H8Bd7

www.nongnoochtropicalgarden.com







Sanctuary of Truth

Located by the sea on Laem Ratchawet, the Sanctuary of Truth is the world's largest hand-carved wooden structure. This exquisite masterpiece is the result of the imagination and devotion to pass on the religious philosophy to the world through the Thai-style woodcarving structure. The structure with four gable ends is constructed using ancient wood-joining techniques; such as, tongue and groove (wedge), butt joint, dovetails, and sapped spur without the use of nails. The architectural styles of the Ayutthaya and early Rattanakosin eras illustrate the wisdom of ancient Thai artists, which are rarely found nowadays. The inside of the structure is an open-air spacious hall that lets in fresh air and natural light in order to save energy. This wonder of human creation is a must-see and should be conserved for future generations.

- 206/2 Mu 5, Pattaya-Na Kluea Road, Tambon Na Kluea, Amphoe Bang Lamung, Chon Buri 20150
- 8.00 a.m. 6.00 p.m.
- +66 3811 0653 Ext. 54
- https://goo.gl/maps/7y65KRgtsstmtyCX9
- www.sanctuaryoftruth.com

Ban Chak Ngaeo Community and Talat Chin Chak Ngaeo

Stroll around the over 100-year-old Teochew Chinese community. where the unique local culture and way of life are well-preserved. Be welcomed by the community members with smiles and participate in the environmentally-friendly activities; such as, making odour absorbing carbon, Cho Phaka (Thai dessert), spicy flower salad with anti-aging benefits, and a bouquet of scented pandan and kaffir lime. Visit Talat Chin Chak Ngaeo, the Chinese market, featuring ancient Chinese-style shophouses where you can find tasty food; such as, traditional snack made of rice, Chinese-style rice noodle soup, fried Chinese leek dumplings, and stewed duck with five spices. You can also enjoy taking photos with red Chinese lanterns and graffiti portraying Chinese lifestyle, and riding a rickshaw to tour around the area. Fill your stomach, have fun, and be impressed with the culture, all in one place.





+66 8 1870 3398 https://goo.gl/maps/VtNs64Q4RXyjWYBM7
Www.facebook.com/chakngeaw





Legend Siam Pattaya

Legend Siam Pattaya has revived every legend, tradition, ways of life, and culture that is the pride of this nation. The first cultural theme park in Thailand is divided into three zones. The first zone is Siam Vilize that takes visitors back to the prosperous yesteryear that is illustrated through agriculture, beliefs, and faith, and to get excited with black magic. Second is Thai Araya, which showcases the traditional way of life of the 4 regions, folk plays and entertainment, floating market, the house of local dishes, and the house that presents the classic legend of Mae Nak Ghost. Lastly, Bhumi Pan Din portrays the national pride through the legends about those who sacrificed their lives, the white elephant that was sacred to the nation, and the sufficiency economy philosophy to develop the new generation into conservationists. Legend Siam Pattaya is a destination of Thai-style fun you should not miss while visiting Pattaya.

§ 139, Mu 8, Sukhumvit Road, Tambon Na Chom Thian, Amphoe Sattahip, Chon Buri 20250

Monday to Friday from 10.00 a.m. – 8.00 p.m., Weekends from 10.00 a.m. – 9.00 p.m.

+66 3307 3333 https://goo.gl/maps/u6DF4p5UPAyuBGs78

www.legendsiam.com



Oasis Spa Pattaya

Take a break from the tiredness and rebalance your body and skin at the Oasis Spa Pattaya. Presenting the Thai-Lanna identity, the Spa is decorated in harmony with the surrounding nature and environment to give visitors a peaceful atmosphere. Relax with the treatment programmes, inspired by the local wisdom of Lanna massage in combination with physical science and aesthetics of music therapy. Try an oil massage, Thai herbal massage, hammer massage, and body scrub with natural products. Come and relieve the exhausted body and skin, boost blood circulation, and revive every part of your body in a relaxing atmosphere filled with the aroma of refreshing herbs.

Chateau Dale Hotel, 322 Thap Phraya Road, Tambon Nong Prue, Amphoe Bang Lamung, Chon Buri 20150



+66 3811 5888

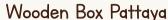
https://goo.gl/maps/s4y183TUBrFsVdF79

www.oasisspa.net









A paradise for those with a healthy lifestyle, Wooden Box Pattaya delivers happiness through delicious clean food that is made from organic vegetables like fresh salad. The restaurant has a nursery for growing fresh and crunchy hydroponic vegetables without any chemical substances. Here, you can choose your own toppings for the salad, as well as enjoy tasty cold-pressed vegetable juice. Those who love fusion Thai food can enjoy a wide range of dishes, including lobster Tom Yam soup, spicy salmon salad, Tom Kha Kai served in a coconut, and various kinds of spaghetti and steak. Enjoy the delicious food in a lovely ambience and receive inspiration to create healthy menus for yourself.



- 391/69 Mu 10, Thap Phraya Road, Amphoe Bang Lamung, Chon Buri 20150
- 10.00 a.m. 10.00 p.m.
- +66 8 5170 6667, +66 9 7126 5432
- https://goo.gl/maps/SWcEtEnUoouRsvux8
- bit.ly/2HcUmr7





À La Campagne is a French word meaning 'in the countryside'. This is a small town for those who are in love with nature, arts, and healthy food. There is a variety of activities for children, including picking organic vegetables, collecting chicken eggs from the farm, feeding the horses, and cycling around the forest to learn about the nature and have the seeds of environmental conservation planted in their mind. Here, you can find the Tea Factory, a restaurant that serves delicious European cuisine, homemade cakes, and fragrant tea that you can select according to your preference. If you are looking for a more filling meal, head to Somtum Villa, which offers Thai and spicy Isan food in the shady garden, and is complemented with live music. This is where you can have a good time amidst the beautiful architecture that gives the vibes of

🛇 21/2 Mu 1, Tambon Na Chom Thian, Amphoe Sattahip, Chon Buri 20250

Monday – Thursday from 10.00 a.m. – 9.00 p.m. Friday - Sunday from 10.00 a.m. - 10.00 p.m.

the French countryside.

https://goo.gl/maps/N4CM8kusGCocMpwU8

www.facebook.com/alacampagnepattaya







Main Course

Refill Your Happiness and Enjoy Green Tourism Activities

Sailing Yacht Thailand

Sailing the yacht in the middle of the Sattahip Sea while letting the cool breeze kiss your face make you feel as if you were floating on the water. Free your spirit along with the wind and feel the nature. Sailing Yacht Thailand offers the 'Sail Boat Eco-friendly' service, which provides a special service for those who have no experience in sailing with a professional and personal trainer who will take you sailing around different islands; such as, Ko Yo, Ko Mu, and Ko Khram. Apart from enjoying this green activity that does not harm any sea animals, visitors are also encouraged to separate waste and collect the rubbish back to shore. By learning to cherish the underwater world as part of the ecotourism activity, visitors will have fun and be happy with the nature in a sustainable

Ocean Marina Yacht Club (Mini Office) No. 16 167/5 Mu 4, Sukhumvit Road, Km. 157, Tambon Na Chom Thian, Amphoe Sattahip, Chon Buri 20250

7.00 a.m. - 6.00 p.m.

+66 6 1664 5563

https://goo.gl/maps/RCCAY4doYs1JthS59 🍳 www.yacht-thailand.com



Ban Takhian Tia Community

This small village is full of interesting culture and ways of life that pay great attention to the nature, local wisdom, and the concept of the sufficiency economy. Today, this resilient Community is happy to share their knowledge with visitors and has established a learning centre with fun activities for visitors to learn about the importance of conserving local resources, which can be applied in real life. The activities include Guasa (scraping massage), making 'Phuang Mahot' (Thai paper cutout mobile), cycling to explore the organic farms and coconut plantations, learning to make Thai desserts from coconut, and sampling coconut coffee and 'Kaeng Kai Kala' (chicken curry with young coconut shell). Visit the Ban Roi Sao Museum to explore the antiques and simple yet beautiful ways of life of the people of yesteryear.

Tambon Takhian Tia, Amphoe Bang Lamung, Chon Buri 20150

+66 9 8412 1712

https://goo.gl/maps/3Vkdv2GhMFhGvU5V6

www.facebook.com/fatsangyakul



Suan Thai Pattaya

Dress in traditional Thai costumes and stroll around Suan Thai Pattaya to absorb the atmosphere of yesteryear. This is the hub of culture, tradition, and ways of life of the six regions of Thailand. Harvest happiness with various traditional Thai-style activities; such as, ride on Lampang's horse-drawn carriage, explore the floating market on an ancient boat, and enjoy watching cultural performances. Experience the traditional Thai lifestyle by trying the royal cuisine, making a palm-leaf fish mobile, weaving silk cloth, and planting rice seedlings. Learn about the 'New Theory', introduced by King Rama IX the Great in order to take part in continuing the preservation of wisdom and invaluable Thai heritage.

313/1 Mu 6, Tambon Huai Yai, Amphoe Bang Lamung, Chon Buri 20150

🥳 9.00 a.m. – 6.00 p.m.

+66 8 8099 8788

📦 https://goo.gl/maps/LmNrUr5bRP9kkFxu5 🏽 🔘 www.facebook.com/suanthaipattaya

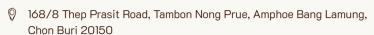






Kaan Show

Be excited with the stage performance of 'Thai literature', presented in the combination of live action and film in the sky theatre. The world-class technology, consisting of the backdrop, colour and lighting, and sound system, takes the audiences to the world of imagination that has been inspired by popular Thai literature. Listen to the sound of Phra Aphai Mani's flute, ride Ma Nin Mangkon (mythical black dragon horse), wander around the underwater world with Kraithong, as if you were a part of the performance. Experience the conservation of Thainess in the form of exciting entertainment that you will never want to miss for a single second.



(closed on Monday), showtimes: Tuesday 5.00 p.m. and 7.30 p.m., Wednesday 7.30 p.m., Thursday - Sunday 5.00 p.m. and 7.30 p.m.

+66 2029 0092

https://g.page/KAANShow?share

(www.kaanshow.com



Parody Art Museum

The only Parody Art Museum in Thailand combines the sense of social responsibility, daring, and humour to create pieces of arts, including drawings, sculptures, and numerous videos. Many pieces have been inspired by the world's masterpieces, but with a twist for a smile while other pieces portray contemporary stories that excite you and make you think twice. There are also many corners for taking beautiful photos, including the Purple, Green, and Self Studio zones. The Art Workshop zone welcomes you to draw and paint anything according to your creative imagination.

159/119 Mu 5, Tambon Na Kluea, Amphoe Bang Lamung, Chon Buri

9.00 a.m. – 6.00 p.m.

+66 3304 7103

https://g.page/parodyartmuseum?share

www.parodyartmuseum.com



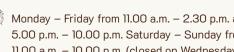


Che with D Cafe & Restaurant

Fill your body with something good for 'a good life', which is the concept of 'Che with D' ('a good life' in Thai). The restaurant begins from the idea of an experienced chef who wants to invite everyone to his home and provide them with joy through a quality meal. Every dish is made by selecting only fresh and premium ingredients, as well as using homegrown organic vegetables. Recommended menus include Spinach and Cheese Quesadilla, Black Ink Spaghetti with Salmon and 'Sam Cha' sauce, and fusion desserts; such as, golden thread cake ice-cream served with citrus fruits, and Ferrero ice-cream with chocolate from Chumphon. This restaurant is perfect for those who want to experience simple happiness with delicious food. Besides that, you will go home feeling healthy as well.

- Tambon Thung Sukhla, Amphoe Si Racha, Chon Buri 20230
- Monday Friday from 11.00 a.m. 2.30 p.m. and 5.00 p.m. - 10.00 p.m. Saturday - Sunday from 11.00 a.m. – 10.00 p.m. (closed on Wednesday)
- +66 3300 0889
- https://goo.gl/maps/NHr7AAYxkydr92Af7
- www.facebook.com/ChewithD







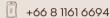
Serving the Recipes of Happiness

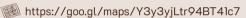
Ban Tha Range Community

Absorb the natural beauty of the Ban Tha Ranae Community, the model community for mangrove forest preservation where ecotourism has been introduced to pass on the narratives from the land, water and way of life through various activities. Learn to make Khanom Phim Khaotok (popped rice with coconut balls) and orange mangrove tie-dyed fabric. Take a boat ride through the tunnel of three forests and study the nature of the mangrove forest, nipa palm forest, and the orange mangrove forest. Enjoy sipping herbal tea made from Hua Roi Ru (ant plant) and admire the wonder of Lan Tabun, a large area where the roots of orange mangrove trees overlap one another. Join the conservation activities to ensure the sustainability of natural resources in the community, including releasing crabs back to nature, planting mangrove trees, and building a home for



Tambon Nong Khan Song, Amphoe Mueang Trat, Trat 23000





www.facebook.com/bantharanae



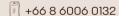
Wade through the durian orchard and enjoy these premium fresh durians as much as you like at the fruit orchard that belongs to Phaithun Wanitchasi, who grows various kinds of export fruits in this area of 320,000 square metres. Everyone is welcome to explore the orchard and learn how to grow organic fruits, as well as pick and try fresh fruit from the trees. Big fans of fruit, especially traditional kinds of durian, should never miss this place, as this is not only where you can indulge in a fruit heaven, but the orchard has been guaranteed by GAP (Good Agriculture Practice) that the agricultural practices here are safe.



Tambon Thung Nonsi, Amphoe Khao Saming, Trat 23130



9.00 a.m. - 5.00 p.m.





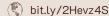
https://goo.gl/maps/LPFWkMiYFUqQ7Wvb6



Trat Museum

Get to know more about the city of Trat in this wooden building with a hip roof, which once served as a city hall before being renovated as the Trat Museum. This is the centre of knowledge where you can learn about the history, cultural heritage, nature, and way of life of Trat through the exhibitions of antiques and old pictures, as well as information provided by the staff that guide you through the hall. A clearer picture of Trat from the past to the present will be presented before your eyes.

- Santisuk Road, Tambon Bang Phra, Amphoe Mueang Trat, Trat 23000
- Tuesday Friday from 9.00 a.m. 4.00 p.m. Weekend and public holiday from 9.30 a.m. - 4.30 p.m. (closed on Monday)
- +66 3951 2291, +66 8 6450 5263
- https://goo.gl/maps/K9z1EkGKxXTS5RN2A





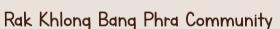




Wat Buppharam (Wat Plai Khlong)

Turn back time to the Ayutthaya era at the most ancient temple in Trat, which was built in the reign of King Prasat Thong. The temple is full of invaluable historical traces, and the former abbot and villagers have collected artefacts to establish a museum. The temple and its landscape are kept clean and inviting, ranging from the Ubosot (ordination hall) to the Wihan (image hall) that houses the reclining Buddha image and ancient Chinese-style mural paintings, Thai-style monk's quarters, and a chanting hall. Inside the museum, you can find artefacts including the Lord Buddha's relics, golden Buddha images, with gold and silver-plated Buddha images, bronze drum, as well as Chinese and European ceramics. These artefacts illustrate social and economic relations between the East and the West from different eras.

- Mu 3, Ban Plai Khlong, Phatthanakan Plai Khlong Road, Tambon Wang Krachae, Amphoe Mueang Trat, Trat 23000
- https://goo.gl/maps/yPHFoxZrRoDBBiC47



Indulge in the cozy ambience of the community by the Khlong Bang Phra

(Bang Phra Canal), which is an old commercial community of Trat. Lining both sides of the road are classic wooden shophouses, a masterpiece of the community's

effort in preservation, some are open as vintage-style hotels, shops, and restaurants. After walking or cycling around, visitors can enjoy local cuisine and snacks; such as, Khao Daeng Kaeng Kai, Kuai Tiao Phat Pu, Mu Chamuang, Khao Kriap On, Khanom Ban Duk, and Khanom Luk Chup. Drop by to take selfies with street art and visit important ancient places; such as, Residence Kampot, which was the residence of the Governor during the French Colonial era that exudes timeless beauty.



 $\ensuremath{\mathbb{Q}}$ Tambon Bang Phra, Amphoe Mueang Trat, Trat 23000







Konpludthin Fishingpark

Savour delicious food while being close to nature at the Konpludthin Fishingpark Restaurant, which serves seafood dishes, local cuisine, and wild cuisine; such as, fried noble pen shell with garlic, steamed marble goby with soy sauce, and spicy Java barb salad. Apart from enjoying the tasty dishes in the embrace of the lush forest and shady pond, you can also enjoy watching a performance from nature with over a hundred of brahminy kites flying in close proximity.

- Tambon Nong Khan Song, Amphoe Mueang Trat, Trat 23000
- 0.00 a.m. 8.30 p.m.
- +66 8 7135 7423, +66 8 2351 3932
- https://goo.gl/maps/4euZvggJdfpP3Yei6
- bit.ly/2VdD9Sk



Khanom Thai Pa Nom Workshop

A destination that traditional Thai dessert lovers cannot miss. The royal recipes from the kitchen at the palace of King Rama V the Great have been passed down for generations at Khanom Thai Pa Nom (Aunt Nom's Thai Dessert). The traditional wisdom on how to make desserts using a firewood stove is preserved. Importantly, natural materials are meticulously used to make the desserts; such as, red colour of Khanom Chan is extracted from lax while reddish-brown colour is extracted from sugarcane, and young coconut is put in Khrong Khraeng. Even the flour is made from rice grown especially for this purpose. To be environmentally friendly, banana leaf and betel palm leaf are used to wrap the desserts so you can enjoy the healthy and delicate taste of Thai desserts. Apart from tasting these yummy sweets, dessert workshop is available for big fans of food and amateur chefs to try their hand at making the desserts.

0 60 Tambon Nong Samet, Amphoe Mueang Trat, Trat 23000

+66 9 4235 3242

https://goo.gl/maps/sElyftDSqDBm4ZEA6

bit.ly/2VtG8er

Main Course

The Book of How to Grow Happiness Based on the Sufficiency Economy Philosophy



Sufficiency Economy Learning Centre: Khao Rakam Temporary Prison

Discover the new dimension of agriculture on the 960,000-square-metre area of Khao Rakam Temporary Prison, which has been adapted into an agricultural learning centre inspired by the King's philosophy. The Centre provides an occupational training opportunity for the well-behaved inmates and also welcomes visitors to enjoy creative agricultural activities, including growing organic mulberry and processing products from mulberry and silk; such as, silk protein soap, shower cream, and shampoo. Taste fresh mulberry juice, explore integrated farming plots that comprise homegrown vegetables, flowers and a variety of animals, and visit a coffee shop called 'Inspire by Princess', where one can relax amidst this refreshing and beautiful nature. This is the role model for other temporary prisons in Thailand.

 $\ensuremath{\mathbb{Q}}$ Tambon Tha Som, Amphoe Khao Saming, Trat 23000

+66 3951 0350, +66 9 8260 5051, +66 9 6886 1070

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(bit.ly/2XY1lOf



Ban Huai Raena Community

Smile along with the simple way of life at the Land of Three Waters, which is one of the country's most fertile areas. At the Ban Huai Raeng Community, you can enjoy ecotourism activities; such as, cruise along the canal to see Khrai Yoi (called Cruz by the French) trees and nipa palm trees, visit the fishing community, and enjoy the lullabies of the fireflies. You can also learn how to adapt the natural resources to produce sufficient and sustainable daily life items and to help reduce plastic and natural garbage; such as, making mangosteen rind soap, 'Khanom Chak' (glutinous rice wrapped in nipa palm leaf), and rice wrapped in betel palm leaf. Come to learn, experience, and receive inspiration about the environmental conservation as a gift back home.



Tambon Huai Raeng, Amphoe Mueang Trat, Trat, 23000

+66 8 9984 8044

https://goo.gl/maps/EPEPsWdkRcabC6dMA

Ban Chang Thun Community

Explore the culture, history, and the passion for conservation of the Chong people at Ban Chang Thun, a community that illustrates their way of life and culture through the Eco-Museum of Changtune. The open-air museum is filled with fun activities; such as, gem panning, white mud spa treatment, and chicken coop spa with more than 30 local herbal leaves and roots. Visitors can also enjoy a trip to the Green Bank to study about rare herbs and plants, ride a Salenger (motorbike with a sidecar) to learn how to make Chong check dams, and learn about the local wisdom of basket-making using Khlum water plants. The villagers also invite visitors to help plant Khlum in

order to preserve the natural resources and cultural heritage for future

Tambon Chang Thun, Amphoe Bo Rai, Trat 23140

+66 9 0124 9068

generations.

https://goo.gl/maps/ZoPnf6YYw9vML2M48





Ban Mai Rut Community

Breathe in the smell of the sea and explore the local fishermen's way of life in the community that fervently protects natural resources. This area has become an ecotourism destination and is ready to serve everyone with a variety of creative activities. Visit the local blue crab bank, observe how fishnets are made, and enjoy a boat ride to see the dolphins and the abundant mangrove forest. Discover the wonder of a freshwater well located by the sea and visit Hat Sai Song Si (bi-coloured sandy beach), and finish the trip by taking a boat ride to view the fireflies. Not only can you relax your body and mind, but this is

the chance to understand the green way of life of the community that values natural resources and the sea.

Mai Rut Sub-district Administration Organisation, Tambon Mai Rut, Amphoe Khlong Yai, Trat 23110

+66 8 1982 2725

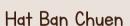
https://goo.gl/maps/Mp83SwFhfViTnQSu9

www.facebook.com/MairoodHomeStay









Set aside your busy life and embrace the sea at Hat Ban Chuen, which is known as the most beautiful and cleanest beach in Trat. A calm corner on soft and white sandy beach is an ideal place for you to lie down and enjoy your favourite book. Enjoy swimming in the crystal-clear blue sea, get on a sailboat to appreciate the whisper of the sea waves, or sit on a swing while admiring the sunset over the panoramic horizon. It is another destination for visitors to come and enjoy a slow-paced holiday with their family and friends.

Tambon Mai Rut, Amphoe Khlong Yai, Trat 23110

https://goo.gl/maps/xNNuXYMBkRsrxFLh6



Central Bangkok Appetiser

Roam the City, Learn the Culture, and Discover the City's Charm

Rattanakosin Exhibition Hall

Explore the history and pride of the Thai people during the Rattanakosin era through exhibitions in 9 rooms that present the story of Rattanakosin from the establishment of the kingdom to the beautiful architecture, the traditional Thai performances and recreations, and the royal ceremonies. Visitors can learn about the people's way of life and royal activities of King Rama I the Great to King Rama IX. All the exhibitions are presented using mixed media arts, including the alphabet, still images, sculptures,

and four-dimensional multi-media. By watching and listening, the visitors will be able to have fun while gaining an in-depth understanding of the events that happened

in Rattanakosin kingdom.

100 Ratchadamnoen Klang Road, Khwaeng Bowon Niwet, Khet Phra Nakhon, Bangkok 10200

9.00 a.m. – 5.00 p.m. (closed on Monday)

+66 2621 0044, +66 2226 5047-48

https://goo.gl/maps/Mj26YNz4wXeDd2ht5

www.nitasrattanakosin.com



Jim Thompson House Museum

The magnificent traditional Thai house made of teak wood is surrounded by shady trees that serve as a natural wall to guard the house from the buzz of the outside world. The peaceful Museum showcases gorgeous architecture and art collections that belong to the late James H. W. Thompson, an American businessman who founded the Jim Thompson Thai Silk Industry Company Limited. The artefacts on display at the Museum include objects from both Thailand and other countries; such as, Buddha images from various periods, Chinese ceramics, ancient paintings about Buddhism, and Pha Phra Bot (fabric banner). Within the grounds of the Museum is a demonstration of silk weaving, a restaurant, and a shop selling silk products. Visitors can enjoy the beautiful surroundings as well as witness a collection of timeless art pieces here.

© 6 Rama 1 Road, Khwaeng Wang Mai, Khet Pathum Wan, Bangkok 10330

9.00 a.m. – 6.00 p.m.

+66 2216 7368

https://goo.gl/maps/qQEkX8ZPoEtngdok7

www.jimthompsonhouse.com









Bangkok Art and Culture Centre

Because 'art' cannot be restricted to a certain form, method, or concept, and 'culture' is what represents the people of each area, the Bangkok Art and Culture Centre therefore organises a variety of exhibitions; such as, painting, photography, animation, sculpture, and performances. The exhibition feature work from talented Thai and international artists who take turn in showcasing in showcasing their interesting ideas. The Centre also comprises an art gallery for those people who want to learn about arts, as well as shops to fulfil the visitors' interest in arts, including an art and craft shop, and a portrait drawing shop. The Centre will bring happiness as well as provide inspiration to visitors in many ways.

939 Rama 1 Road, Khwaeng Wang Mai, Khet Pathum Wan, Bangkok 10330

10.00 a.m. – 9.00 p.m. (closed on Monday)

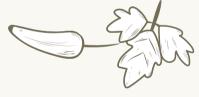
+66 2214 6630

https://goo.gl/maps/vYCJyJfCCLmakh6f9

www.bacc.or.th









Sané Café & Workshop Studio

An assortment of Thai desserts; such as, Bulan Dan Mek, Thong Ek, and Sa-ne Chan, that are displayed in the wooden dessert cabinet not only look scrumptious, but also exude sweet and inviting aromas. You can feel the difference from the very first bite, as the desserts here are made with special recipes; such as, the ordinary Khanom Thuai is usually all white with pure coconut milk, but they add egg custard in the middle to make it look like a fried egg. Another example is Klip Lamduan, which has a more crunchy texture with rice puff. Some recommended beverages include Khaosan Mojito, which is a mojito made with roselle juice, and coffee with coconut milk instead of milk. Every item is made using natural ingredients and retains the Thai custom, and the Café also runs a workshop that teaches how to make various Thai desserts, so visitors not only get to try tasty Thai desserts, but can also learn how to make them as well.

99 Tanao Road, Khwaeng Bowon Niwet, Khet Phra Nakhon, Bangkok 10200

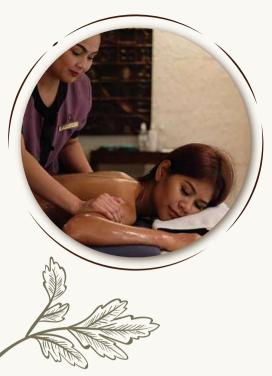
11.00 a.m. – 7.00 p.m. (closed on Monday)

+66 6 3541 4964

https://goo.gl/maps/ActGEGT8FdpFZkWW9 @www.facebook.com/sane.worksho







Banyan Tree Spa Bangkok

Give your body a present with a spa experience at a special location with the panoramic view of skyscrapers against the horizon of the city. Enjoy relaxing and relieving stress with a body massage, body scrub, and herbal bath, which use natural ingredients that will refresh your body and moisturise your skin. There are several treatment options; such as, the 'Royal Banyan' course that blends the Eastern and Western massage techniques, and the 'Sense of Place – Thai Blossom Romance' course that is a massage using oil made from soy candle. The Spa has also been certified by EarthCheck, a world leading benchmarking and certification organisation, that it is a spa that uses materials from nature; such as, local herbs, spices, flowers, and uses controlled water management and less incense sticks, for the sustainability of the environment.

21/100 Sathon Tai Road, Khwaeng Thung Maha Mek, Khet Sathon, Bangkok 10120

9.00 a.m. - 10.00 p.m.

+66 2679 1052

https://goo.gl/maps/SJLKu3SjNekS5tccA

www.banyantree.com/en/thailand/bangkok/spa







The Gardens of Dinsor Palace

A diversity of plants provides shade to Dinsor Palace, a beautiful palace over 80 years old that is now converted into a vintage-style restaurant. The restaurant offers a wide range of delicious options ranging from French cuisine to steak, bakery, and a variety of beverages. The dining area is divided into indoor and outdoor, where the garden is meticulously decorated with small and big trees to create shade and refreshing vibes, and complemented with fountains, white swans, and white peacocks. It is unbelievable how an ancient palace that is embraced by stunning natural beauty can be found in the middle of the Sukhumvit area.

🛭 Between Soi Sukhumvit 59 and 61, Khwaeng Khlong Tan Nuea, Khet Vadhana, Bangkok 10110

Monday – Friday 10.00 a.m. – 11.00 p.m. Saturday – Sunday 8.00 a.m. – 11.00 p.m.

+66 2714 2112, +66 9 3124 7730

https://goo.gl/maps/pZsvb82ejEFwPhWN7

www.thegardenspalace.com



Main Course

Explore the Nature in the City and Enjoy a Variety of Activities

PTT Metro Forest Learning Centre (Prawet Branch)

Fill your lungs with fresh air at an enormous green area where every inch is filled with nature. The first step takes you to see the Seed Wall, which contains numerous seeds of the different species of plants that are grown here. Then, go on to watch a short film and exhibition about forest conservation, before experiencing the real natural habitat by taking a stroll along the elevated skywalk, where you can enjoy learning about the forest as you ascend the five different levels of the skywalk. The skywalk offers a view of different kinds of forests, including evergreen forest, mixed deciduous forest, waterfall forest,

and nipa palm forest. The abundance of birds and chickens in the area indicate the wealth of the nature of the area. Walking along the skywalk to the observation tower allows one to be immersed at how beautiful and copious the nature of this area is.



9.00 a.m. – 6.00 p.m. (closed on Monday)

+66 2136 6380

https://goo.gl/maps/kX9MESKMJ5BaadR68

www.pttreforestation.com/Educationview.cshtml?Id=8









Explore the amazing stories of snakes through a virtual experience at the only snake museum in Thailand and Asia. The Museum features a variety of exhibitions and activities about different species of snakes from all over the world, including an activity where visitors can experience what it is like to be a snake and seeing the world through a snake's eyes. Learn about the life cycle and the internal organs of the snake from head to tail through various media; such as, photography, animation, and sculpture. Have fun observing over 70 species of live snakes, ranging from golden python to albino cobra, and anaconda. End your visit by watching the spectacular performance that presents the connection between human and snake based on the ancient belief of Naga and Garuda with incredible light, colour, and sound systems. You can also find a café, a souvenir shop, and a snake maze playground, where visitors of all ages can have a good time.

969 Luang Phaeng Road, Khwaeng Thap Yao, Khet Lat Krabang, Bangkok 10520

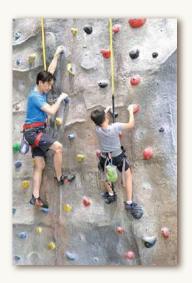
9.00 a.m. – 6.00 p.m.

+66 2326 5800

https://goo.gl/maps/ccpSWQ977hTydncq5

www.siamserpentarium.com





Urban Playground Climbing

Test your strength and challenge yourself with rock climbing at Urban Playground Climbing that offers over 80 routes and rises to a height of over 10 metres. The playground caters to climbers of all levels of ability with various types of rock climbing; such as, bouldering, which is climbing a short climb without a rope over a crash pad, and sport climbing in which the rope is attached to the climber. Visitors can choose the levels of difficulties according to their experience, with the help of the staff to provide assistance and supervision while climbing, and the equipment can also be rented at the playground. This 'playground of happiness' is a place where adventurous people of all ages can enjoy a challenging, fun, safe, and low-carbon activity in the heart of Bangkok.

- 8 Soi Phrom Mit, Khwaeng Khlong Toei, Khet Khlong Toei, Bangkok
- Monday Friday 1.00 p.m. 10.00 p.m. Saturday - Sunday 10.00 a.m. - 10.00 p.m.
- +66 2119 7200 Me https://goo.gl/maps/3gW5pCdCfRzb7i6n8
- www.urbanplaygroundclimbing.com



Flow House Bangkok

Enjoy surfing without having to go to the ocean at Flow House Bangkok, which is located right in the middle of the city and is where everyone can have the time of their life with the artificial wave machine. Inexperienced visitors do not have to worry, as there are staff to give them a one-on-one guide from the beginning until riding the wave on their own. Visitors can also relax by watching people surfing while enjoying the food and beverages including mixed sausage pizza, Flow House cup salad, and long beach cocktail at the Flow Bar. Flow House Bangkok is truly a great place for those who are into extreme sports.



Monday – Wednesday 11.00 a.m. – 10.00 p.m. Thursday - Friday 10.00 a.m. - 11.00 p.m. Saturday 9.00 a.m. - 11.00 p.m. Sunday 9.00 a.m. - 10.00 p.m.

+66 2108 5210, +66 9 9083 8787

https://goo.gl/maps/t9g1HGzvQVpmsYnv7

www.facebook.com/FlowHouseBangkok2



ICONSIAM, an enormous mall and Thailand's new landmark, aims to present the Thai identity as well as arts and crafts to the world through the ICONCRAFT zone. ICONCRAFT serves as a centre, where one can find innovative Thai arts and crafts in modern styles, which combines ancient Thai arts with contemporary arts to design items for everyday life. Visitors can enjoy exploring a myriad of arts and crafts, including metalwork, painting,

sculpture, carpentry, woven fabrics, food, and traditional Thai medicine, all of which are divided into different zones. There is also a Campus Zone, which provides an exhibiting and selling space for students to test their product in the market. Moreover, ICONCRAFT organises workshops where visitors can enjoy creating their own crafts by learning from experts of different fields. ICONSIAM is a shopping mall that not only has a beautiful and unique atmosphere but also offers the vibe of treasured Thai

identity and wisdom.



10.00 a.m. - 10.00 p.m.

+66 2495 7080, +66 2495 7000

https://goo.gl/maps/yN6bb9EsmMMczknPA

www.iconsiam.com













Farm to Table Hideout

Treat your stomach to a delicious and healthy culinary delight made with seasonal organic ingredients that are carefully selected, so that each dish is full of quality and freshness. Recommended dishes include fresh vegetable salad with boiled egg, and roasted pork ribs served with Chinese broccoli, while popular beverages are French press coffee and iced Oolong tea. Dessert lovers would want to order butterfly pea coconut ice cream served with sweet popped rice, or black and white sesame seed ice cream served with glutinous rice balls. All the dishes are not only tasty and healthy, but they are environmentally-friendly as well.

🕅 15 Soi Tha Klang, Khwaeng Wang Burapha Phirom, Khet Phra Nakhon, Bangkok 10200

10.00 a.m. – 9.00 p.m. (closed on Wednesday)

+66 2004 8771

https://goo.gl/maps/8GrwsVdLc43VY6An7

www.facebook.com/farmtotablehideout





Divana Virtue Spa & Medical strives to enhance

your beauty, inside and out, using various natural ingredients, and to take care of your body with holistic medical care. There are

several programmes that help restore your body and your body's cells, which is the way to take care of your health from inside to outside. The team of medical staff is there to provide consultation and body checkup, and plan the suitable treatment for you. There is also a clinic offering anti-aging treatments using anti-aging medical science that helps slow down skin cells deterioration. The Spa also pays attention to environmental conservation and encourages staff and visitors to commute by public transport like the BTS Skytrain to reduce carbon dioxide in the atmosphere, use reusable utensils; such as, ceramics, and to water the trees with waste water to reduce the usage of natural materials.

10 Si Wiang Road, Khwaeng Bang Rak, Khet Bang Rak, Bangkok 10500

11.00 a.m. – 8.00 p.m.

+66 2630 0499, +66 2236 6788-9

https://goo.gl/maps/xpXR7xf6wDGwTreH7

www.divanaspa.com/VirtueMedical/Concept.php



Combo Set



Explore the Old Town, Learn the Unique Culture, and Indulge in Local Arts



Discover the charms of the Charoen Krung area (Charoen Krung - Bang Rak)

Explore the ancient commercial area of Bangkok by strolling around or riding a bicycle. Enjoy learning the way of life of the Talat Noi Community, which is bustling with shops selling a variety of food; such as, duck noodle soup, Thai style toast, and coffee. Call in at the Cho Sue Kong Shrine to pray for good luck, before visiting the So Heng Tai Mansion to observe the beautiful 200-year-old architecture. Along the way, you can witness Street Wall Art that artists from different countries have created for the buildings in the area. Located not far is Warehouse 30, a group of 8 warehouses that visitors can enjoy browsing the artwork including woodwork, clothing, food, and books. Then, move on to appreciate a fantastic collection of arts at the River City Bangkok Gallery.

- Street Wall Art 🛛 🛡 Soi Charoen Krung 28-32, Khwaeng Bang Rak, Khet Bang Rak, Bangkok 10500



- Warehouse 30 § 52-60 Soi Captain Bush, Khwaeng Bang Rak, Khet Bang Rak, Bangkok 10500

11.00 a.m. - 8.00 p.m.

+66 8 8244 2241

maps/49wWXaJzQxJ9pjxW8 🐧 www.facebook.com/TheWarehouse30

- River City Bangkok Gallery 🛛 23 Soi Charoen Krung 24, Khwaeng Talat Noi, Khet Samphanthawong, Bangkok 10100

10.00 a.m. - 10.00 p.m.

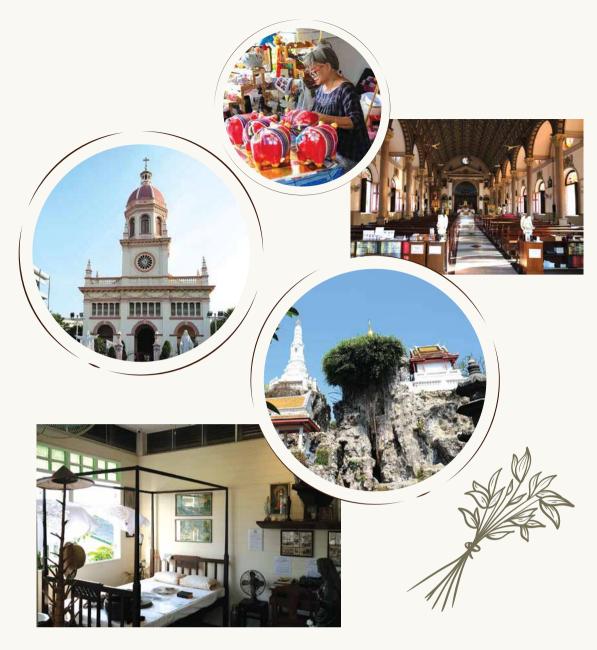
+66 2237 0077

https://goo.gl/maps/hkaEYvUDkdBH3eFn8 🐧 www.rivercitybangkok.com

- Talat Noi 🛛 22 Soi Charoen Krung, Khwaeng Talat Noi, Khet Samphanthawong, Bangkok 10100

https://goo.gl/maps/7a9SLVjJMtBsBL197





Visit Kudi Chin, the ancient community of Thon Buri

The long-lasting relationship between Thailand and Portugal dates back to the Ayutthaya period and one can see this cultural legacy at the Kudi Chin neighbourhood, which welcomes visitors to explore the attractions and way of life. For example, the **Santa Cruz Church** that showcases a white and pink building in the neoclassical and renaissance styles architecture, and the **Baan Kudi Chin** Museum that provides the background of the community in the past. Learn how to make **Khanom Farang Kudi Chin**, Kudi Chin's signature cake that is crispy on the outside and soft on the inside with the sweetness of candied winter melon, raisin, and dried persimmon. Walk a little further and one will find **Wat Prayunrawongsawat Worawihan**, a second-class royal temple that features splendid architecture and numerous artefacts; such as, ancient Buddha images kept in the Phra Prayun Phanthakhan Museum, and Phra Borommathat Chedi, which is a gigantic white chedi in the Lankan style that was awarded the UNESCO Asia-Pacific Award for Cultural Heritage Conservation. No matter how long the time passes, the Kudi Chin community still retains its unique and ancient identity.

- Santa Cruz Church 🔍 112 Soi Kudi Chin, Khwaeng Wat Kanlaya, Khet Thon Buri, Bangkok 10600
- +66 2472 0154 https://goo.gl/maps/8BEigmohHNiuf8pC9
- Baan Kudi Chin Museum 🛭 271 Soi Wat Kanlaya, Khwaeng Wat Kanlaya, Khet Thon Buri, Bangkok 10600
- 9.30 a.m. 6.00 p.m. (closed on Monday) +66 8 1772 5184
- Wat Prayunrawongsawat Worawihan © 24 Prachathinok Road Khwaeng Wat Kaplaya Khet Thon Bur
- +66 2466 1693
- https://goo.gl/maps/p1UvrYeg1v6Ww6tz8

https://goo.gl/maps/evXsfdvUo4FWCeCt6



www.baankudichinmuseum.com



Revel in the arts and culture around the Nang Loeng community

Feel the liveliness of the ancient community of Bangkok at **Talat Nang Loeng** (Nang Loeng Market) that invites everyone with the aroma of delicious treats; such as, duck with five spices, fish sausage, Khanom Thuai Talai (steamed coconut custard), and steamed chives dumpling. Visit **Wat Sunthon Thammathan** or Wat Khae Nang Loeng, which enshrines Luangpho Barami, the Buddha image highly revered by the locals, as well as the bones of Mitr Chaibancha, a legendary Thai actor. Take a stroll around and you will find **Baan Nang Lerng** or Ban Sinlapa that conserves the ancient traditional Thai performing art called 'Lakhon Chatri'. Located not far is **Narasilapa House**, which disseminates the precious Thai culture through various performances including 'Khon Klang Plaeng' (open-air traditional Thai masked play), 'Khon Na Cho' (masked play in front of the screen) 'Lakhon Chatri', and traditional Thai musical instruments. Narasilapa House is also known for making costumes for the performance, and visitors can learn to make them here. Nang Loeng is truly a charming community filled with arts and also committed to preserving the cultural heritage for future generations.

- Wat Sunthon Thammathan (Wat Khae Nang Loeng)
- ${f igotimes}$ Phaniang Road, Khwaeng Wat Sommanat, Khet Pom Prap Sattru Phai, Bangkok 10100
- Talat Nang Loeng
- ${f igotimes}$ Soi Nakhon Sawan 6, Khwaeng Wat Sommanat, Khet Pom Prap Sattru Phai, Bangkok 10100
- 8.00 a.m. 3.00 p.m. https://goo.gl/maps/de46UmLCFjxfct9w8
- Narasilpa House
- +66 2281 4838 https://goo.gl/maps/yYnycyS31FDtuP3R9
- Baan Nang Lerng
- Wat Khae Nang Loeng, Bangkok 10100 +66 9 8585 9286
- https://goo.gl/maps/VzAvjA39hdoUkd9H9 🜎 www.facebook.com/BaanNanglerng



Side Dishes

Walk along the Canal, Learn about Thai Culture,

and Relax Your Body and Mind

Museum Siam

An ancient building in the classical revival architecture that was constructed in the reign of King Rama VI has been converted into a National Learning Museum called 'Museum Siam'. The various fascinating exhibitions include 'Decoding Thainess' that takes visitors to learn about being Thai through activities that are spread across 14 rooms, in which each room comprises different themes. For example, the Thai Traditions Room features boxes containing games about Thai traditions and festivals, and the Degrees of Thainess Room that presents a variety of Thai clothes ranging from traditional Thai clothes to the clothes we wear today. Another interesting room is the Only in Thailand Room that showcases a collection of things that can only be found in Thailand; such as, Cha Choei or idle sergeant (traffic police dummy) and Khun Oep Sap (a 4-metre-high statue of Nang Kwak or a beckoning lady that is good for business) as well as familiar housewares and tools; such as, flip-flops, instant noodles, and condiment set. The Museum also organises temporary exhibitions and is a great source of inspiration for visitors, as well as a place where Thai people can cherish the value of Thai culture conservation.







https://g.page/museumofsiam?share

www.museumsiam.org



Queen Sirikit Museum of Textiles

The Museum was established to be a centre dedicated to the conservation of Thai textiles under the royal intention of Her Majesty Queen Sirikit The Queen Mother. The presentations are displayed through exhibitions and activities including A Royal Treasure:

The Javanese Batik Collection of King Chulalongkorn of Siam, which displays the collection of batik that King Chulalongkorn collected on his visits to Java. Visitors can learn about making batik through a video presentation, and observe the collection in which each and every piece of the textile is a historical record that enables new generations to witness the beauty of the ancient Thai textiles and learn about their background.



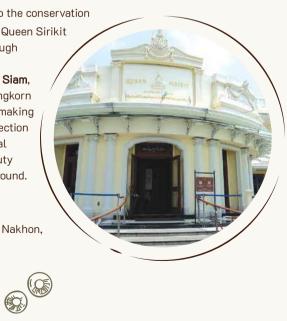
9.00 a.m. – 4.30 p.m.

+66 2225 9430, +66 2225 9420

https://goo.gl/maps/Afn5x1CwZk8fTbrT8

www.qsmtthailand.org







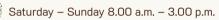
Khlong Bang Luang Community

The sight of boats travelling along the canal and rows of one-storey wooden houses lining the canal, where an old lady is playing with her grandchild or an uncle is reading a newspaper on a patio, is the simple way of life one can witness at the Khlong Bang Luang Community. An ancient community since the Ayutthaya period, this Community has become a tourist attraction with a coffee shop, grocery store, and ancient toy shop that allows visitors to experience

the unique local lifestyle. The highlight is the Artist's House that originally belonged to a goldsmith family, but it has been converted into a local museum that displays artwork like paintings and photos, and features various DIY activities; such as, mask and jewellery making. Visitors should not miss watching the traditional Thai puppet performance, a stunning show that has been preserved for future generations. The Khlong Bang Luang Community today is filled with the charming combination of the canal-side way



Soi Phet Kasem 20, Khwaeng Pak Khlong Phasi Charoen, Khet Phasi Charoen, Bangkok 10160



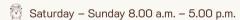
👸 Saturday – Sunday 8.00 a.m. – 3.00 p.m. 🕡 https://goo.gl/maps/k6qz8P2Zoa5Jd2oz8



Ladmayom Floating Market

Feel the vibe of the floating market amidst the nature in the city, where the vendors sell a variety of products both from the boats and on land. Here you can find delectable delicacies; such as, boat noodles, seafood, traditional Thai crepe, Khanom Babin (Thai coconut pancake), as well as fresh vegetables that the vendors grow themselves. After buying the products, have a relaxing time by sitting by the canal or taking a stroll at the Chiam Ton Orchard that grows chemical-free vegetables and fruits; such as, coconut, guava, and lime. You can also enjoy taking a boat ride to observe the scenery on both sides of the canal and to a nearby floating market.





+66 2422 4270

https://g.page/taladnamkhlongladmayom?share

www.facebook.com/taladnamkhlongladmayom



of life and arts.







Patom

Begin the journey to good health by eating delicious food made from organic ingredients at Patom, a restaurant inside a stunning glass house amidst the natural setting. The highlight is that all the raw materials are sourced from organic farmers supported by the Sookjai Foundation, and part of the restaurant's profit is also donated to the Foundation. The signature dishes are rice with mushroom chili dip, deep-fried sun-dried pork, and young coconut egg custard, while the wide range of beverages include guava juice, tamarind juice, and coffee. The restaurant also encourages waste separation, uses natural materials as food containers; such as, rice wrapped in banana leaves, and sells products made from natural materials; such as, soap, shampoo and inhaler. For those who wish to relax in the natural ambience, Patom is the right place for this healthy lifestyle.

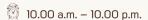
- 9/2 Soi Sukhumvit 49/6 (Soi Phrom Phak), Khwaeng Khlong Tan Nuea, Khet Vadhana, Bangkok 10110
- 🥳 9.30 a.m. 6.00 p.m. (closed on Monday)
 - +66 2084 8649 Mhttps://goo.gl/maps/qfXi9r5tdCw7iqi6A
- www.patom.com



The Oasis Spa

Relax your body and mind in the middle of a tranquil setting at the Oasis Spa. You are provided with an array of programmes, ranging from Tok Sen massage to Four Hands massage, a combination of Thai and Lanna massage, and aromatherapy massage, all of which helps to relieve tension and ease muscular pains. The Spa also offers treatments to nurture your beauty from head to toe, including body scrub, body wrap, facial treatment, and foot soak. The products used at the Spa are from natural materials; such as, Thai herbs, essential oil, and honey. There is also a garden shaded with countless trees in the area, which intends to present visitors with the space to feel refreshed from the natural beauty after having your body pampered with the treatment or massage.

© 64 Soi Sukhumvit 31 Yaek 4, Khwaeng Khlong Tan Nuea, Khet Vadhana, Bangkok 10110













ChangChui Creative Park

The land of arts and the kingdom that is driven by creativity, ChangChui Creative Park is the meeting point of artists and art lovers. The building is decorated in the contemporary style by combining antiques with the industrial style of architecture; such as, galvanised steel windows, and ancient folding doors. Within the Park, you can find several shops ranging from restaurants to vinyl records shop, and grocery store, as well as a theatre, a cinema, and a space for concerts and performances. The landmark that one cannot miss is the gigantic plane at the centre of all the shops, where visitors can take a photo beside the plane or go inside the place for a meal. There is also a Green Zone, embraced by natural surroundings with a variety of small and rare trees, featuring cute shops; such as, bookshop, tea shop, handmade products shop, and snack kiosk. All of these were made from the inspiration to bring arts together in one place.

9 460/8 Sirindhorn Road, Khwaeng Bang Phlat, Khet Bang Phlat, Bangkok 10700

11.00 a.m. – 11.00 p.m. (closed on Wednesday)

+66 8 1817 2888

https://goo.gl/maps/51azb2EFJuSF2KYNA

www.changchuibangkok.com



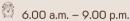
Phra Nakhon Si Ayutthaya Main Course

Open the Door to the Old Town and Trace the Tales of Different Eras

Boat Tour around Ko Mueana

Immerse in the unique riverine way of life by taking a boat tour around Ko Mueang Ayutthaya (Ayutthaya City Island). Stop by to admire the beauty and pay homage to Buddha images at some important temples; such as, Wat Phanan Choeng, Wat Phichai Songkhram, Wat Phutthaisawan, Wat Chai Watthanaram, and Wat Kasattrathirat Worawihan. You can also have a memorable dining experience by enjoying a scenic view of the old town at dusk on a dinner cruise while feasting on delicious dishes including grilled river prawns, stir-fried prawns with garlic, stir-fried crab meat with curry powder, fish cakes and several other dishes.





+66 8 1692 1463. +66 2053 1738



www.facebook.com/ayutthayaboatservice





Sufficiency Economy Learning Centre - Ban Kong Por

Enjoy learning about agriculture and local wisdom in accordance with the late King Bhumibol Adulyadej's Sufficiency Economy Philosophy. The area of over 5,600 square metres is allocated according to the New Theory, in which the land is divided into four parts, comprising a water source, a rice paddy, land for cultivating crops and livestock farm, and living space. There are several learning stations where you can learn from village philosophers; such as, collecting eggs, rearing goats and sheep, planting rice, learning the Yok Yo (raising fish trap) technique, weaving fish mobiles from coconut leaves, and growing plants and vegetables. There are also restaurants and coffee shops serving special menus and traditional Thai desserts on site.



Monday – Friday 8.00 a.m. – 5.00 p.m. Saturday – Sunday 8.00 a.m. – 5.45 p.m.

+66 9 8965 7998, +66 6 4932 1838

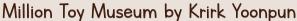
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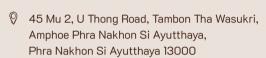


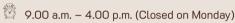






Recall the happiness, smiles, and childhood memories at the Million Toy, Museum by Krirk Yoonpun, a place that displays over a million toys from all over the world that Associate Professor Krirk Yoonpun spends over 30 years collecting. Stepping inside the two-storey wooden building, and you will be presented with countless toys, including clay toys and utensils from the Sukhothai period to Rattanakosin period; such as, clay doll, ancient radio, and talcum powder tin. You can also find toys from other countries; such as 100-year-old galvanised toy, wooden doll, superhero figures, and the models of cartoon characters including Snoopy, Doraemon, and Minions.





+66 8 1890 5782

https://goo.gl/maps/krPJDfVxGaDT3spX6

www.facebook.com/Million-Toy-Museum-by-Krirk-Yoonpun-177568505590594 , www.milliontoymuseum.com



Tan Land, a Land of Balance

Tan Passakornnatee established a learning centre about the integrated and balanced relationships between society, the economy, and nature. The Centre, which is creatively decorated with waste materials comprises **T of Life Zone** that presents the development of tea that has been on Earth for over 5,000 years through the tale of tea plantations, and Learning in the **Ichitan Style Zone** that displays life lessons of Tan, how to live in harmony with nature, and about the environmentally-friendly factory. The last zone is

Tanland's Secret Zone that passes on the knowledge and concern about the environment, so that future generations can learn and understand about the balance of life.

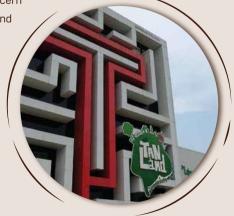
(Closed on Saturday)

+66 8 4438 7695

http://goo.gl/maps/HNCDcnQBUkx7DgxB9

www.facebook.com/tanland.ichitan









The SUPPORT Art and Crafts International Centre of Thailand

The Centre conserves local arts and crafts and develops them into amazing products. It is the source of inspiration for the new generation to appreciate the ancestors' wisdom, where Thai and international handicrafts are displayed, including woven textiles, Thai fabrics, clothing material, and Khon performances from different countries. You can also find creative innovative art products; such as, cotton clothing that was made using an environmentally-friendly production process. These cotton clothing are comfortable to wear and breathable, making them suitable for the weather in Thailand. There is also a store selling all kinds of crafts, where you can purchase handicrafts from every region in Thailand to support and promote the valuable Thai fabrics and Thai handicrafts to be part of Thai culture for the sustainable future.

🕅 3309 Tambon Pho Taeng, Amphoe Ban Sai, Phra Nakhon Si Ayutthaya 13290

🧖 8.00 a.m. – 5.00 p.m.

+66 3536 7054

http://goo.gl/maps/9NvYDfp6jfrd5UMG9 🏽 www.sacict.or.th



Wat Niwet Thammaprawat

Take the cable car to cross the Chao Phraya River to visit the one and only temple in Thailand with the Gothic style of architecture. Once serving as a place where King Rama V the Great performed religious practices during his stay at the Bang Pa-in Royal Palace, the temple features a spectacular yellow Ubosot (ordination hall) with a central dome topped with a spire, resembling a Christian cathedral. Inside the Ubosot, one will find walls decorated with colourful stained glass. The principal Buddha image is Phra Phuttha Naruemon Thammophat, which sits on a plaster base similar to a cross. The temple illustrates an exceptional combination of history, creativity, and skills of the craftsmen in the reign of King Rama V the Great, that remains valuable until today.

Bang Pa-in, Tambon Ban Len, Amphoe Bang Pa-in, Phra Nakhon Si Ayutthaya 13160

http://goo.gl/maps/B29ZyMkhkAVbVXqK9

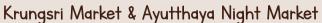
(www.watniwet.com











Turn back time to when Ayutthaya was still prosperous by visiting two retro markets in the middle of the old capital, which are the **Krungsri Market** that is open during the daytime and the **Ayutthaya Night Market**, a walking street that is adorned with beautiful lights. The Markets are filled with traditional Thai food and desserts, handicrafts, and OTOP products. Visitors can also enjoy riding a horse around the market, taking photos, and watching a Thai martial arts show and other performances at the area in front of the King Naresuan the Great's statue.

- Tambo Pratu Chai, Amphoe Phra Nakhon Si Ayutthaya, Phra Nakhon Si Ayutthaya 13000
- Monday Saturday 8.00 a.m. 8.00 p.m. Sunday 9.00 a.m. 10.00 p.m.
- +66 3561 0565
- https://goo.gl/maps/KTRV3sDQUATD76n36
- bit.ly/2LGBpkT





Baan Kao Nhom

Indulge in the delicious desserts at a traditional Thai dessert café in Ayutthaya that is filled with Thai essence, ranging from the décor, where the wall is decorated with Mon brick and local kitchenware, to an assortment of traditional Thai desserts; such as, Cho Muang, Krachao Sida, Chip Nok, Tako, and Cha Mongkut. The desserts are artistically served in a basket or porcelain that illustrates the true Thai identity and complemented with beverages; such as, butterfly pea latte, green tea, butterfly pea with lime juice, and butterfly pea milk ice cream.

- 🛛 Tambon Pratu Chai, Amphoe Phra Nakhon Si Ayutthaya, Phra Nakhon Si Ayutthaya 13000
- Tuesday Friday 9.00 a.m. 7.00 p.m. Saturday Sunday 8.00 a.m. 6.00 p.m.
- +66 9 7921 9465
- https://goo.gl/maps/4Q3mKq1feRDJHUYJ8
- bit.ly/2H704YF



Samut Songkhram



Main Course

Discover the Thai Way of Happiness by the Waterside

Amphawa Chaipattananurak Project

The Amphawa Floating Market is known for the shophouses lining both sides of the canal, the messy crowd, coffee shops, cute souvenirs, and tasty food both in the boats and on land, but little did people know that part of this area belongs to the Amphawa Chaipattananurak

Conservation Project. The Project's goal is to be the centre of agricultural knowledge and to take part in the community activities by the canal side. Visit 'Chan Chala' that sells a variety of beverages including Amphawa's herbal drink called 'Muang Chuen Chan Chala', created by Her Royal Highness Princess Maha Chakri Sirindhorn, as well as shops selling local products and local delicacies. Explore the exhibition that showcases the local culture and the ways of life in Mae Klong and Amphawa. There is also a cultural ground where visitors can join the activities; such as, making Thai desserts and cooking Thai food, weaving coconut-leaf baskets, making herbal balm,

people know anurak e of

and observing how to make coconut sugar and doing organic farming. Apart from generating income for the community, the Project also provides an opportunity for the community to preserve its water source, culture, and the way of life for future generations.



Monday – Thursday from 8.30 a.m. – 4.30 p.m. Friday from 8.30 a.m. – 7.00 p.m. Saturday – Sunday from 8.30 a.m. – 9.00 p.m.

+66 3475 2245

https://goo.gl/maps/856sAyFuKRJCeupN7

www.amphawanurak.com,
www.facebook.com/AmphawaChaipattananurak

Khlong Khon Mangrove Forest Conservation Centre

The Khlong Khon Community has participated in mangrove reforestation over the past 20 years, and their efforts have borne fruit, as the shrimp, clams, crabs, fish, and the mangrove ecosystem have been revived. With this, the people of Khlong Khon came to be aware of the significance of the mangrove forest. Visitors will learn about the ecology of the mangrove forest and participate in fun and low-carbon activities; such as, mud skiing, catching clams with the local method using a wooden heard, heart riding on mud, and wadien through the mud to

activities; such as, mud skiing, catching clams with the local method using a wooden board, boat riding on mud, and wading through the mud to plant cork trees. Complete the trip by cruising to explore the beauty of the nature and fishermen's way of life by the canal. All the activities can be enjoyed in one day, but those who want to gain a deeper insight of the local lifestyle can spend a night at homestay accommodation by the canal or stay at a Krateng (bamboo house built on stilts in the middle of the water).

Tambon Khlong Khon, Amphoe Mueang Samut Songkhram, Samut Songkhram 75000

+66 8 6177 7942, +66 8 3155 4141, +66 6 2265 5356

https://goo.gl/maps/EfTykWPVQK2LdxXZ9

(v) bit.ly/2EnHWeg







Baan Benjarong Bang Chang

Give yourself time to take part in ecotourism activities at

Baan Benjarong Bang Chang, a learning centre that has collected local wisdom on how to make five-coloured porcelain known as 'Benjarong' and Samut Songkhram's celadon. Enjoy joyful activities

that are also the practice of meditation; such as, painting on ceramics. Learn every step of the painting techniques and methods from the community artists, in which the key is to reduce pollution in every production stage, by focusing on saving energy and natural resources as much as possible. The centre also considers the energy usage of each time the kiln is in use, recycles materials, and reduces the use of materials that produces pollution; such as, using B-grade celadon as the container for mixing colours. Baan Benjarong Bang Chang not only focuses on creating beautiful products, but is also concerned about the environment.



8.30 a.m. – 6.00 p.m. 🔋 +66 3475 1951, +66 8 1883 9062

www.facebook.com/baanbenjarongbangchang

https://goo.gl/maps/b6eGp5vuQ4Sr6R1H7





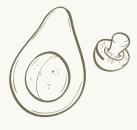
Hatthatara Thai Massage Amphawa

Arrange time for a session of rejuvenation with Hatthatara Thai Massage Amphawa, which features the new art of therapy by offering a traditional Thai massage while cruising. An ancient taxi boat has been modified into a 12-seater boat that provides massages to passengers. Enjoy fresh air while getting a massage, and let the rhythm of the water and the sight of the riverine communities give you a true sense of relaxation and joy. Professional therapists will take care of your body from head to toe for a total relaxation experience.

- 9/6 Mu 3, Tambon Thai Hat, Amphoe Mueang Samut Songkhram, Samut Songkhram 75000
- 10.00 a.m. 8.00 p.m.
- +66 6 4931 5416
- https://goo.gl/maps/pB5ybcrK24pEeoN96
- www.facebook.com/hatthataramassage



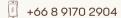


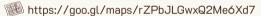




Baanrimkhlong is a house located by a peaceful canal and surrounded by red mangrove trees, cork trees, and nipa palm trees. This house has nourished and continued the breath of a canal-based way of life. A visit here enables visitors to learn about natural and environmental conservation through various activities. Get a glimpse of the Community's way of life that evolves around agriculture, arts and crafts, and folk traditions. Their life has a close relationship with coconuts and many activities are based on the fruit, from churning coconut sugar to weaving coconut-leaf baskets, and making Thai desserts. To support agro-tourism, the Community pursues chemical-free farming where you can pick organic vegetables grown in the backyard to cook a meal. Relax in the embrace of the nature and indulge in the beautiful scenery of the copious nature by the canal, which is the result of the determination of the villagers who preserve their natural way of life and local wisdom.







www.baanrimklong.net







Sam Amphoe Floating Market

Have fun exploring the bustling floating market that is situated at the area connecting three districts of two provinces; namely, Amphoe Wat Phleng of Ratchaburi, and Amphoe Amphawa and Amphoe Bang Khonthi of Samut Songkhram. Khlong Khwae Om and Khlong Wat Pradu serve as the waterways that not only connect the three districts but also the provinces of Ratchaburi and Samut Songkhram.

Soi Bang Sakae, Tambon Ban Pramot, Amphoe Bang Khonthi, Samut Songkhram 75120

https://goo.gl/maps/WPudGUVxjBpwKHFk8



Tarnpawa

A dreamy café in the middle of the coconut plantation welcomes visitors to savour food, desserts, and beverages while sitting on a wooden bridge that extends across the gutter in the coconut plantation and lying down under the shade of the coconut palms. The signature menus are made of coconut palm sugar and local natural products. The recommended beverages are Tarnpawa coffee, butterfly pea mixing with peach, lime juice and soda, and honey and lime juice with mint, while the popular dishes include mixed deep-fried appetiser served in a basket tray, and Phat Thai with shrimp wrapped in egg. The food is served in woven baskets and porcelain to take you back in the olden days and at the same time implying the environmental conservation idea.





Friday – Sunday from 9.00 a.m. – 7.00 p.m. Tuesday - Thursday from 9.00 a.m. - 6.00 p.m. (closed on Monday)



+66 8 5290 7979



https://goo.gl/maps/ZGhHhroKPR6DDTt1A



www.facebook.com/Tarnpawa







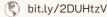


The recipes and familiar tastes of the food that Grannie Ranjuan cooks for her grandchildren have been passed on to 'Ranjuan Amphawa' restaurant. The restaurant's concept is 'food is the representative of the family's care' and when customers dine here, it feels like eating at home with the family. Every dish is made with organic vegetables and fresh local ingredients. The restaurant is designed to be environmentally friendly, where the building looks like a barn with a high ceiling and glass windows on all sides so the natural light can pass through. If standing on the raised balcony, one can see the scenery of the Mae Klong River. There is also an outdoor area for visitors to relax in a shady atmosphere. The recommended dishes are shrimp paste chili dip with crab roe, mackerel, eggplant stir-fried with prawn, duck with rice, spicy river prawn, and rice with blue crab. The food is served in ancient porcelain dishes giving the classic vibe of eating grannie's home-cooked meal.





- Tambon Amphawa, Amphoe Amphawa, Samut Songkhram 75110
- Tuesday Sunday from 12.00 p.m. 10.00 p.m. (closed on Monday except public holidays)
- +66 9 9242 6566
- https://goo.gl/maps/udHYWEB1NpHA9UG39



Siri Sompong Farm

Enjoy exploring and appreciating the nature of the agrotourism attraction, which is the organic Bengal currant orchard that covers an area of over 64,000 square metres by the Mae Klong River. Visit the orchard and learn about the qualities of the Bengal currant trees from their root to leaf, all of which is valuable. A visit between February and March enables visitors to witness the Bengal currant trees blooming white flowers and spreading a sweet fragrance all over the area, while between March and November is the time when the fruits can be harvested. There are over 30 items of products made from Bengal currants, ranging from juice, jam, chilli dip, jelly, to three-flavoured Bengal currants, and Bengal currants in syrup, for you to buy before leaving. Purchasing the natural products as a gift is another way of passing on good health to your loved ones.



9.00 a.m. – 5.30 p.m.

+66 3471 0789, +66 8 0566 5124

https://g.page/sirisompong?share

www.facebook.com/manowho





Southern

Pruket

Appetiser



The Natural Wonder of the Pearl of the Andaman

Phuket Marine National Park Operation Centre 2

This Centre is not only a tourist attraction and a learning centre on the mangrove forest, but is also a place to study and conduct research and development for the marine national parks on the upper Andaman Coast. Importantly, this is the home of a number of plant and animal species and nursery grounds for small aquatic animals; such as, fish, prawns, and crabs. There is a mangrove nature trail, where visitors can observe the rich mangrove forest along the 600-metre-long boardwalk that is shaded by mangrove forest, Ceriops tagal (Prong Daeng) trees, coast cotton trees (Po Thale), and red mangrove trees. Along the trail are several signboards to give information about the plants and animals; such as, fiddler crabs, Meder's mangrove crabs, mudskippers, snapping shrimps, and birds. You can also get closer with the mangrove forest by kayaking to explore the coast around the northernmost part of Phuket. There are two routes, one shorter than the other, but both routes take you to explore the abundance of the mangrove forest and the interdependence of human, animals and plants.

92/7 Mu 5, Tambon Mai Khao, Amphoe Thalang, Phuket 83110

8.30 a.m. – 4.30 p.m.

+66 7634 8526

https://goo.gl/maps/6V3z3jMmXgVxtiTn6

www.facebook.com/mnpoc2Phuket











Ban Tha Chat Chai

Breathe in the smell of the sea and explore the charming community that has its own unique identity. Tourists can enjoy appreciating the nature by visiting the mangrove forest and experiencing first-hand the local fishing methods by the Moken people who have lived here for a long time. Learn how to raise lobsters in the floating lobster farm and about coastal fishing before immersing yourself in the beautiful seaside ambience on a long-tail boat trip that cruises under the Sarasin Bridge that connects Phang-nga and Phuket. The different activities here illustrate the abundance of the natural resources and ways of life worth preserving.



+66 8 7892 4252, +66 9 3529 9661 https://goo.gl/maps/9advJ6GMpngls1UY6

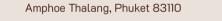


Ran Ta Tauy

The small house is charmingly decorated and covered with various kinds of plants and awaits visitors to enjoy local food. The restaurant is famous for its delicious dishes and freshness of seafood that are bought from local fishermen, which is another way of distributing income to the community, while vegetables are obtained from the farms in the community. The signature menu is spicy papaya salad with sea grapes, sandworm braised with lemongrass, steamed white cockles, and stir-fried wild Launaea sarmentosa (Phak Lin Han). Customers are assured to get the real taste of Southern dishes, guaranteed by Michelin Bib Gourmand Award in 2019.



11.30 a.m. – 9.00 p.m.



https://goo.gl/maps/3dxoóchKnBMuDRq79

+66 8 6470 4807



Vanich Farm

Vanich Farm is an agro-tourism destination that shares knowledge about sweet corn farming in all dimensions, from the planting process to taking care of the corn until it becomes golden yellow. It is also the learning centre for agricultural knowledge, farmers' way of life, as well as culture and traditions that have been passed on for generations. Visitors can enjoy several activities; such as, learn how to use agricultural equipment, as well as feed the rabbit, bantam, and albino buffalo. Visit the cornfields, organic

vegetable plots, paddy fields, and flower garden. Observe how to process the produce into various products, in which the freshness and cleanliness are the main focus, then go to appreciate the beautiful architecture of an ancient Thai house and see the simplicity of the Thai people's way of life. Enjoy a nice meal while admiring the 360-degree view from the tree house. These activities provide visitors with joy and agricultural knowledge, as well as help visitors understand the life of the farmers better.

19/540 Mu 3, Tambon Ratsada, Amphoe Mueang Phuket, Phuket 83000

10.00 a.m. - 6.00 p.m.

+66 9 8671 2168, +66 7652 5619

https://goo.gl/maps/4HUbvitcawqQtFZk7

www.vanichfarm.com



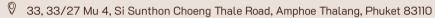






Banyan Tree Spa Phuket

The golden beach kissed by the soft breeze in amidst the serenity by the Andaman Sea is the location of Banyan Tree Spa Phuket, the 5-star spa that is decorated with the blend of traditional and contemporary Thai architecture. The mild fragrance of flowers permeates the air as if to invite visitors to relax with the Spa that features ancient Asian arts and science of skin treatments. The programmes include massage, hair and facial treatment, as well as other services, all of which uses natural materials. The privacy amidst the natural surroundings makes the ambience calm, relaxed, and without any disturbance. Returning physical and mental happiness to customers is what Banyan Tree Spa Phuket always looks forward to.



+66 7637 2400

https://goo.gl/maps/tEGsGnrmp3y9Ttk1A

www.banyantree.com/en/thailand/phuket



Chim Jae Walking Street

Take a walk around the Phuket Old Town area and explore the new tourist spot, where the old buildings have been renovated into an indoor walking street and connecting Thalang and Dibuk Roads. Enjoy shopping without having to be worried about the weather and browse through endless rows of stalls selling handicrafts, local food, and clothes. While strolling around, admire the ancient Sino-Portuguese buildings and street art on the walls. Chim Jae Walking Street is a new shopping destination that adds colour to the city centre of Phuket and is also the hub of ideas, creativity, and the harmonious combination of old-time arts and the new.

- Monday Friday from 10.00 a.m. 8.00 p.m. Saturday – Sunday from 10.00 a.m. – 10.00 p.m.
- +66 9 1454 4249
- https://goo.gl/maps/fUzut6giJWuLLMKn7
- www.facebook.com/ChimJaewalkingstreet



Main Course

Take Fun Activities to the Next Level and Immerse in the Nature of Phuket





Phuket Elephant Sanctuary

Learn about the nature of elephants at the Phuket Elephant Sanctuary, the last home of retired, ill, and handicapped elephants with the aim to help them recover physically and mentally. Observe the elephants freely roaming around among the nature, and learn about each individual elephant from the staff. The special feature of this Sanctuary is that there are no programmes concerning bathing the elephant, elephant show, or riding on their back, but instead, there is a volunteer programme that visitors can closely take care of the elephants. To have a chance to look at the elephant in their eyes is a priceless experience that allows visitors to learn that every life has its own equal value and also support the activities that care for elephants in a natural and sustainable way.

100 Mu 2, Tambon Pa Khlok, Amphoe Thalang, Phuket 83110

8.30 a.m. – 5.30 p.m.

+66 7652 9099, +66 6 2778 4111, +66 6 2762 7111

https://goo.gl/maps/m2Ltq2WCRdFXWhdS6

www.phuketelephantsanctuary.org



Ban Kamala Community

The Ban Kamala Community lives amidst the beauty of mountains and the sea and features an interesting way of life that attracts visitors to come and explore. Learn about an agricultural product of Asam gelugur, which is a type of plant that is good for the digestive system and contains AHA that helps nourish the skin. In cultural aspects, visitors can visit the Kamala Mosque and the House of the Descendants of Princess Mahsuri and discover the secret to the sophisticated and uniquely designed batik fabric from the Housewives Group. Visit the 100-year-old house and then explore horse therapy at the Kamala Imron Farm. Nature lovers would have a great time visiting Namtok Bang Wan. All of these are the charms of the Ban Kamala Community, in which the combination of faith, nature, and friendship can be felt at first sight.

Tambon Kamala, Amphoe Kathu, Phuket 83120

+66 9 4593 7252

https://goo.gl/maps/EQRiDKhqUpJ2zzGe6









Flying Hanuman & Hanuman World

Have fun and be excited with adventurous activities that let visitors float in the air like Hanuman (the monkey god) with the dense forest as the background. There are several activities; such as, Roller Zipline that visitors will be hung with a safety cable on their back and sliding through the trail, Sky Walk that visitors can appreciate the beauty of nature while walking along the wooden bridge, and Abseil Point where they can enjoy rope climbing from a high position downwards. Refill energy at the Three Monkey Restaurant, where visitors can enjoy delicious dishes while admiring a bird's-eye view of the forest. These activities are fun, full of excitement, and also let visitors get close to nature.

Flying Hanuman

- 89/16 Mu 6, Soi Nam Tok Krathu, Wichit Songkhram Road, Tambon Kathu, Amphoe Kathu, Phuket 83120
- 8.00 a.m. 5.00 p.m.
- +66 8 1970 2332, +66 7654 0767
- https://goo.gl/maps/Rf4EDGTonpwJVYDy6
- (www.flyinghanuman.com

Hanuman World

- 8.00 a.m. 5.00 p.m.
- +66 6 2979 5533
- https://goo.gl/maps/z9CkzKZNG2iP6MYF8
- www.hanumanworldphuket.com

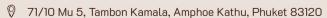






Oasis Spa (Turquoise Cove Spa)

Free yourself from the busy day and enter the moment of happiness at the Oasis Spa. The arched entrance is designed in the Sino-Portuguese style while the interior is decorated with Moroccan furniture, which is pleasing to the eyes of the visitors. Spa programmes include massage, body scrub, and facial treatments, in which the materials used are selected from nature. The special features of the Spa are an outdoor bath, herbal steam cave, and outdoor swimming pool. Make the most out of every minute here while relaxing and rejuvenating your body and soul.



70.00 a.m. - 10.00 p.m.

+66 7633 7777

https://goo.gl/maps/RPPw3YHptVi2jvA8A

www.oasisspa.net/destination/phuket









Take a big bite of happiness at Orta Café, a restaurant where traditional menus are recreated with a modern twist. The signature menu is 'Otakamsia', which comprises three dishes including fried oyster in Phuket style, stir-fried Hokkien noodles, and Phuket-style salad, served in a Pinto (Thai-style food container). A set of eight kinds of local desserts is also recommended. Visitors can also have fun taking pictures with the paintings of people dressing in Chinese costumes on the wall of the restaurant. The creativity that is presented through the menu, the presentation of the food, and the interior design not only create happiness but also encourage visitors to learn about the local culture.



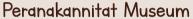
12 Soi Rommani, Tambon Talat Yai, Amphoe Mueang Phuket, Phuket 83000

Monday – Friday from 10.00 a.m. – 7.00 p.m. Saturday - Sunday from 10.00 a.m. - 9.00 p.m.

+66 6 5249 3616

https://goo.gl/maps/1HoKAVNSTs1rbV9E6

www.facebook.com/OrtaCafeSoiRommanee



'Peranakan' means 'born here', which is a clear self-description of the Museum that showcases the story of the Phuket people; such as, their settlement, daily life, housing, food, and costumes. The Museum presents the information via various kinds of media, including motion picture, information signboard, and statues, so the story about the Peranakan can be deeply understood. The cultural heritage of Phuket is not limited to just the exhibition, as the building, which is over 100 years old and was built during the reign of King Rama V the Great, is also considered an important historical heritage of Phuket.



9.00 a.m. - 4.30 p.m.

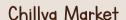
+66 9 4807 7873

https://goo.gl/maps/MN7aR1fyGXPQdLNo6

www.facebook.com/peranakannitatmuseum







Speed up the clock to the evening to find nocturnal happiness at the Chillva Market, a hub of a variety of products ranging from food and drinks to handicrafts and clothes. Once you are done with shopping and do not want to go home, relax by the side of the pond and enjoy listening to live music. Replace your tiredness with this lively market and immerse yourself in the music.



- Tambon Ratsada, Amphoe Mueang Phuket, Phuket 83000
- 5.00 p.m. 11.00 p.m. (closed on Sunday)
- +66 9 9152 1919
- https://goo.gl/maps/SXFbcAVHn4pS3Nbx9
- www.facebook.com/Chillvamarket















Phang-nga Appetiser -

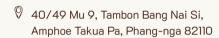
The Colours of Culture and Borderless Nature

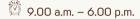
Khlong Sangne

Khlong Sangne, a short but charming canal, originates from the water source of Khao Bang Tao, where the villagers have collaborated in protecting the forest area on both sides of the canal for years. To discover the beauty of Khlong Sangne, visitors have to slowly and quietly row the kayak and listen to the whisper of the water and the natural elements. The highlight is meandering through the banyan tree tunnel and observing the suicide trees, thick bush of water rattan, and roots of ancient banyan trees. Be excited with the variety of animals; such as, green pit vipers, mangrove snakes, and pythons curling upon the trees, as well as storks

and hornbills. The biodiversity, including the variety of plants, aquatic animals, and living organisms indicates that this area is still abundant as if it were the jungle of the Amazon

trie Amazon.





+66 6 5073 6516

https://goo.gl/maps/mHaSZvRYCjc4SCXk7

www.facebook.com/TK.Amazon



Combine your creativity with the inspiration from the nature and the colours and techniques of the local wisdom of Southern Thailand with Lung Su (Uncle Su) from Lung Su's Takua Pa Batik. Every mode of imagination will be unlocked at this streetside learning centre to create unique patterns; such as, sea, temple, and community life. Even a little piece of memory of the journey can be described on the colourful batik, which is your own piece of artwork that can be kept as a gift from Takua Pa.



+66 8 0534 4253 (offsite workshop available)

Wat Thetthumnava

The only exquisite place by the beach in Southern Thailand, Wat Thetthumnava features a Thai-style Ubosot (ordination hall) made of teak wood that showcases delicate carvings. Visitors can pay homage to the white jade Buddha image in the attitude of giving the first sermon that is enshrined inside the Ubosot. Feel at peace from the peaceful shelter of Buddhism that is located by the nature, ocean waves, and cool breeze.

Tambon Thai Mueang, Amphoe Thai Mueang, Phang-nga 82120









Wat Tham Suwannakhuha

Located inside a large cave, this temple not only is the centre of faith for Buddhists in Phang-nga, but is also historically important. The main chamber of the cave houses the province's largest reclining Buddha image, smaller Buddha images and other valuable items, including a marble Buddha image in the Burmese style, a seated Buddha image protected by a seven-headed Naga, a stone inscription by Phraya Borisutthiloha Phumintharathibodi, and a gorgeous white stupa. Moreover, there are stalactites and stalagmites in other smaller chambers, allowing visitors to appreciate the wonder of nature and pay homage to sacred items inside this ancient temple at the same time.

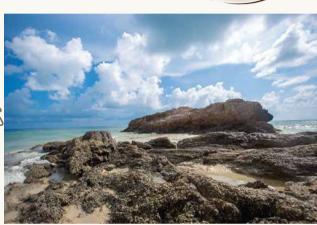
36/1 Phetchakasem Road, Tambon Krasom, Amphoe Takua Thung, Phang-nga 82130

🕅 8.00 a.m. – 5.00 p.m.

+66 7645 0333

https://goo.gl/maps/T8zGenLyDGfjQpqQ9





Khao Na Yak

A place for those who love nature, Khao Na yak is a part of the Khao Lampi – Hat Thai Mueang National Park. Visitors will be stunned by the cajuput forest, the golden savanna grassland, as well as the shimmering white sandy beach against crystal-clear turquoise sea of Hat Khao Na Yak. Climb onto the strange-shaped rocky outcrops to get the panoramic view of the curving beach, get on a kayak to explore the ecosystem of the area, or enjoy diving to see beautiful corals. During the months when the sea is calm, you can find leatherback sea turtles coming to lay eggs on this beach. The beach is always clean and without garbage, as the villagers have joined hands in conserving the environment. Khao Na Yak is suitable for relaxation and for learning about the power of environmental conservation for a sustainable future.

Nambon Lam Kaen, Amphoe Thai Mueang, Phang-nga 82210







Takua Pa Walking Street

From afternoon to evening of a lazy Sunday, visitors can enjoy cycling or strolling around Takua Pa Old Town that was once a prosperous port town along the Andaman coast. The charming way of life and the beauty of the Thai, Chinese, and Malay cultures are depicted through the Takau Pa Walking Street. Lining both sides of Si Takua Pa Road are numerous food outlets offering local delicacies including Mu Hong (streaky pork seasoned with spices), Cho Raeng (prawn coconut milk soup), Khanom Phing (Thai coconut cream cookie), and Khanom Taoso (Hokkien-style Chinese pastry). The Sino-Portuguese buildings remain intact and beautiful, some of which have been turned into a barber shop and clock repair shop. You can also find the Andaman Coast Baba Society that conserves the traditional culture of the Baba (Chinese descendants) and features photographs and samples of Baba dresses. By spending time with the locals, you will learn that the cultural roots of the Takua Pa people have never disappeared.

- Si Takua Pa Road, Tambon Takua Pa, Amphoe Takua Pa, Phang-nga 82110
- Sunday 3.00 p.m. 8.00 p.m.



Main Course

Ecotourism Menu from the Nature and Green Experience

Ban Bang Soi Community, Khura Buri

Visit the Ban Bang Soi OTOP Innovative Tourism Community and spend time with the friendly villagers who are ready to share local knowledge with everyone. Experience the charm of the people's daily lives, nature, and local wisdom through fun activities, including making mosquito repellent spray and cold pressed coconut oil. Explore the orchards that follow the sufficiency economy philosophy, and join the 'hug a tree' activity to exchange love and energy with nature.





Mu 7, Tambon Khura, Amphoe Khura Buri, Phang-nga 82150



+66 8 7280 5811



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Phlapphlueng Than, Khlong Ta Luean

Appreciate the beauty of the queen of water flowers known as 'Phlapphlueng Than', a rare species of local water plants, along Khlong Ta Luean (Ta Luean Canal). Ta Luean Misaeng (Grandpa Luean Misaeng) and the Ban Bang Soi community members have got together to facilitate the appropriate condition that Phlapphlueng Than could grow, as this is one of the last areas on Earth where this plant is still found. Visitors can admire its beauty and study its unique characteristics. A visit to this place at the end of the rainy season and the beginning of winter allows one to see white Phlapphlueng Than blooming and exuding its sweet fragrance everywhere, as if it is the gift of nature for this community.



Khlong Rai Lum, Tambon Khura, Amphoe Khura Buri, Phang-nga 82150



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Tarn Morakot Bamboo Rafting

Explore the nature on the three-kilometre-long bamboo rafting trip along the crystal-clear emerald Khlong Nang Yon (Nang Yon Canal). Stop by at Hat Hin Ngam (beautiful stone beach) and enjoy cooling off in the chilly water that flows down from the hill. Have fun with adventurous activities; such as, rafting, tightrope walking over the stream, ziplining, and canoeing. By the canal, enjoy tasty local and seafood dishes that are especially created by the villagers using ingredients obtained within the community. The utensils are also nature-friendly; such as, bamboo rice steamer, water glass made of bamboo, and bowl made of coconut shell, showing how much the community cares for nature from upstream to downstream.



Tambon Khura, Amphoe Khura Buri, Phang-nga 82150



+66 8 6268 6888



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www.facebook.com/tarnmorakot

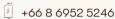




Si Phang-nga National Park

Travel the green world of this fertile and large forest area of the Si Phang-nga National Park, the major water source that enables visitors to learn and understand the phrase "if there is forest, if there is water, there is life". Walk along the Si Phang-nga nature trail to explore the local species of plants, bamboo, and vines, and spend time observing rare animals; such as, hornbill, helmeted hornbills, Asian-fairy bluebirds, and gibbons. Visit Namtok Tam Nang and cool down in the pool of water from the 60-metre-tall waterfall and say hello to the school of mahseer barb that are swimming in the crystal-clear emerald water. This is another destination nature lovers should never miss.

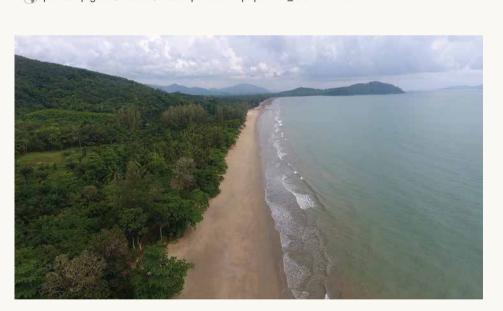




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park.dnp.go.th/visitor/nationparkshow.php?PTA_CODE=1056





Hat Ao Khoei

This serene paradise for beach lovers is where you can find various exotic pieces of stone scattered on the beach. Hat Ao Khoei is even more gorgeous during sunset when the pinky orange colour is painted upon the horizon with the melodious sound of the wave kissing the sandy beach in the background. This is another destination of happiness in Phang-nga that provides everyone with a good memory in the embrace of nature.



Tambon Khura, Amphoe Khura Buri, Phang-nga 82150



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Surat Thani Appetiser



Indulge in the City of Hundred Islands' Nature and Enjoy Limitless Adventures

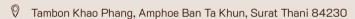


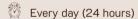




Rajjaprabha Dam

Escape from the busy life to relax by the emerald-coloured stream with the background of the limestone mountains at Rajjaprabha Dam, which is also known as the Chiao Lan Dam. The Dam is a source of electricity for the Southern region of Thailand and is also a reservoir to provide water for agricultural activities. The Rajjaprabha Dam is part of the Khao Sok National Park of which natural resources are abundant. Visitors can stay the night on a raft to closely appreciate the majestic view of the nature, as well as enjoy various activities, including visiting Khao Sam Kloe, Napha Ying Sao, Coral Cave, and Prakai Phet Cave. In the morning, immerse in the magnificent scenery of the sunrise over a sea of mist as a way to refill your energy in the middle of the abundant and beautiful nature.



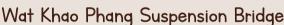


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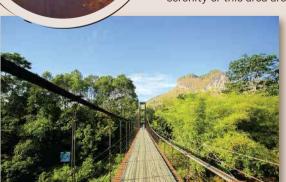
rpb.egat.com





Being an ideal spot to admire the sunrise and sunset over the water, the Wat Khao Phang Suspension Bridge expands across Khlong Phra Saeng (Phra Saeng Canal). The Bridge which was constructed with wire ropes provides convenient transportation of agricultural products. Located near Wat Khao Phang, the Bridge is embraced by lush forest, allowing the scenery to be pleasant and shady. Towards the end of the Bridge is a heart-shaped mountain called 'Phu Khao Thep Phithak', a special gift created by nature. On the other side is the Khlong Saeng Market, which is hidden amidst the trees and sells local products. The simplicity and serenity of this area are so impressive that they will be cherished by

visitors.

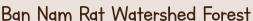


- Wat Khao Phang, Mu 1, Tambon Khao Phang, Amphoe Ban Ta Khun, Surat Thani 84230
- https://goo.gl/maps/g2KsKX18Pj1KR4Kw9









Situated amidst the lush forest, the pool of a natural spring where the water is so clear that the limestone bed at the bottom can be seen clearly, is the wonder that nature has created at the Ban Nam Rat Watershed Forest. The area is divided into two zones: the first belongs to the community in which the villagers believe is a sacred well where the holy water is used only in the spiritual ceremony and to drink, while the other zone is open for the public where visitors can enjoy a refreshing dip in the pool, take a boat to explore the forest, and go camping. However, visitors must strictly follow the regulations to conserve the watershed that is important to the villagers.

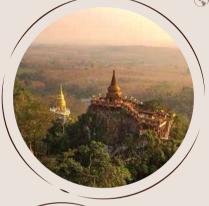


8.00 a.m. - 5.00 p.m.

+66 9 6859 4503, + 66 8 0696 1166, +66 7795 3121

https://goo.gl/maps/HYwyBBHfSSgJzE4u5

www.cew-bannamrad.or.th



Khao Na Nai Luang Dharma Park (The Sky Pagoda)

The position of the Pagoda high above the plain like it is floating in the sky offers an incredible panoramic view of the sunrise and a sea of mist. Khao Na Nai Luang Dharma Park is a temple, a meditation centre, and a place where Phuttha Silawadi, a pagoda constructed with laterite from Kamphaeng Phet, is situated atop the limestone mountain. Apart from paying homage to the Lord Buddha's relics enshrined in the Pagoda, visitors can also find the Buddha's footprints and an arched entrance with nine spires, and during the sunrise, the sun shines through its door to create a beautiful and peaceful scenery.

Tambon Ton Yuan, Amphoe Phanom, Surat Thani 84260

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Khlong Sok Bamboo Raft

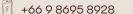
The waterway that winds through the dense canopy is the beautiful sight at Khlong Sok Bamboo Raft. Visitors can enjoy bamboo rafting to admire the beauty of nature while wearing a crown made of palm leaves. The local guide will lead visitors through the journey as well as ensure their safety. This is the way to help create jobs and income for the people in the community. Enjoy sipping coffee that uses water boiled with firewood and is served in a bamboo tube, which reduces the use of materials that can harm the environment. Experience the real touch of nature with ecotourism activities; such as, forest trekking and walking through the limestone tunnel.



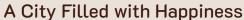


§ 401 Tambon Khlong Sok, Amphoe Phanom, Surat Thani 84250





Main Course





Li Let Community

The rich mangrove forest and interesting ways of life have led the Li Let Community to be a great ecotourism destination, where visitors can learn about the nature and local ways of life. Take a boat trip to explore the mangrove forest, where Indian mangrove trees and cork trees are lining both sides of the canal. You can spot a number of animals; such as, cranes, monkeys, and fireflies, as well as Khanam (hut-like accommodation in the sea) and cockle farms along the way. Learn to make nipa palm dessert and shrimp paste, taste spicy Southern cuisine, and observe how to make a nipa palm thatched roof. Enjoy watching local performances including a long-drum performance and 'Suphawari Nari' show, which tells the story of the water-based ways of life of the Community so you can fully absorb the local culture.

109 Mu 5, Tambon Lilet, Amphoe Phunphin, Surat Thani 84130



+66 6 5789 2826



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Remarks: The homestay accommodation is only available for an observational study group of more than 10 people, and please make an appointment in advance.



Lung Song's Coconut Plantation

Surat Thani, with a large number of coconut plantations, is amongst the top of the coconut producers in Thailand and Lung Song's Coconut Plantation is one of them. Apart from growing coconuts, it is also a learning centre where visitors can explore the production of cold-pressed coconut oil, which has been selected as the OTOP product of Tambon Bang Bai Mai. The Plantation also grows local species of coconut named 'Maphrao Kaeng', which has thick meat and is suitable for extracting into coconut oil. There is also a spa service and a shop selling products processed from coconut; such as, soap, shampoo, and lip balm. This place is a role model for developing and making

the most use of the local resources.



109 Mu 3, Tambon Bang Bai Mai, Amphoe Mueang Surat Thani, Surat Thani 84000



8.00 a.m. - 6.00 p.m.



+66 8 1589 8635, +66 8 1396 5077



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www.prowthai.com



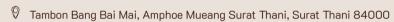






Bang Bai Mai Pracharat Floating Market

Stalls with a nipa palm thatched roof are scattered all over the coconut plantation, while the temple's pier is filled with boats selling products. This is the identity of the Bang Bai Mai Pracharat Floating Market, a market by a canal that was established by the community for the villagers to sell their own products; such as, homegrown vegetables and fruits, local desserts, and beverages served in bamboo tubes. Enjoy interesting activities; such as, watching a shadow play performance by the youngsters of Bang Bai Mai, and taking a boat trip to explore the canal-based way of life and pass through the nipa palm tunnel that is the identity of this area. This Market not only is where you can enjoy good food, but also helps distribute income to the community and preserves the environment at the same time.



Sunday 9.00 a.m. – 4.00 p.m.

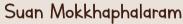
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www.facebook.com/talardnumpracharatbangbaimai





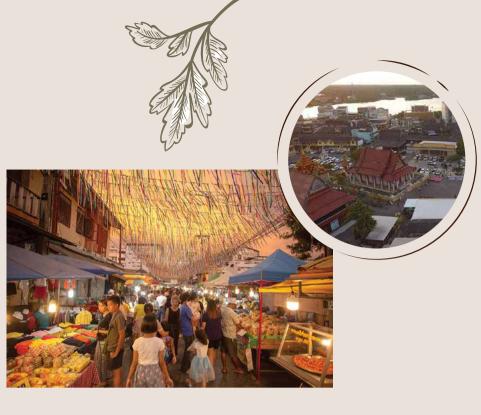


Amidst the serenity of nature of Suan Mokkhaphalaram or Wat Than Nam Lai, your mind will not be disturbed by any interruptions. Founded by Phra Dharmakosacarya, also known as Buddhadasa Bhikkhu, as a place for meditation, this temple features a spacious courtyard shaded by a canopy of trees. Buddhist teachings are presented in various corners; such as, the **Spiritual Theatre** that comprises paintings and poetry concerning Buddhist teachings, the **Curved Stone Courtyard**, which is an area for religious activities by the monks; and **Sa Nalike**, which is a pond with a single coconut tree in the middle, symbolising the Buddhist puzzle adapted from a local lullaby that discusses Nirvana and a circle of birth and death.



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www.suanmokkh.org



San Chao Market and Wat Sai Ban Don Community Market

The liveliness of a foodie congregation where the stalls are filled with people and a wide range of food is the charm of the local market. Located near the Colosseum Department Store, the San Chao Market features stalls selling mouth-watering items; such as, Khanom Chin Mo Din, Khao Tom Mat, and Ho Mok Pu. On the other hand, the Wat Sai Ban Don Community Market is also crowded with stalls selling a variety of food and desserts. This is a tourism community recommended by the OTOP Innovation Project and has a 100-year-old sermon hall that displays the history of WWII and showcases many antiques. This place provides both the joy of selecting delicious food and learning about important history.

Na Mueang Road, Tambon Talat, Amphoe Mueang Surat Thani, Surat Thani 84000

3.50 p.m. – 10.00 p.m.

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Cruise along the Tapi River to See Fireflies from the Hundred Canals Tour Pier

Khlong Roi Sai or hundred canals are the tributaries of the Tapi River and nurture the lives of the people in the community. Because of its richness, this area becomes an ecotourism attraction where you can take a boat trip to appreciate the landscape on both sides of the canals, including houses and a variety of plant species; such as, coast cotton tree, nipa palm, and coconut. You can also observe the canal-based ways of life where people are fishermen and still travel by boat, and enjoy an evening cruise to see fireflies. All the activities here illustrate the simple way of life of the people who live in harmony with nature. This is simple happiness that can be easily experienced.

- (Khlong Roi Sai Homestay) 49 Mu 5, Tambon Bang Chana, Amphoe Mueang Surat Thani, Surat Thani 84000
- +66 7720 5328, +66 8 6267 6695
- https://goo.gl/maps/jfH74JaUBh4sJA5X8





