



THAILAND

“YOU FOCUS ON THE FUN, WE FOCUS ON THE FOOD”

“a wondrous kingdom, featuring Buddhist temples, exotic wildlife, and spectacular islands. Along with a fascinating history and a unique culture that includes delectable cuisine (which we can get Gluten Free) and massage, Thailand features a modern capital city and friendly people who epitomize Thailand’s “land of smiles” reputation. “ (courtesy Thailand Tourism Board.)

Here is an 8 day, 7 night itinerary including Bangkok, Chiang Rai and Chiang Mai. As with all of our itineraries, this can be changed, altered, extended or shortened – created for a single, couple or family. We can even give you pricing for a group. You may choose to extend your trip with a few days on the beach in Phuket. Based upon our need to secure your dietary restrictions, we have planned meals predominantly in Deluxe hotels that have experience and ability to produce your meals Gluten Free. There will be a limited recommendation for local restaurants.

ITINERARY:

Day 1 Arrive Bangkok (D)

Upon arrival at Bangkok Airport, meet with your guide for transfer to your hotel.

Evening, board a luxury rice barge journey along the cultural hearts of Bangkok, as you will be dining, enjoying traditional culture and touring on an antique teakwood rice barge - called the “Tahsaneeya Nava” - on Bangkok’s River of Kings. The boat itself, named for the beautiful riverside vistas that are encountered, is



constructed of solid hand-carved and polished golden teak, having been built at a time when such raw materials were abundant in Thailand. Experience Thai hospitality and delicious Thai food from around Thailand in the comfort and tranquility of this open-air cruise. It remains one of the few authentic antique rice barges operating on the river. A two hour Thai delight, sailing over the Chao Phraya River.

Relax, enjoy and make this dining experience one to remember forever.

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Day 2 [Bangkok](#) (B/L/D)

Breakfast at Hotel

AM: Klongs, [Grand Palace](#) and the [Emerald Buddha Temple](#)

Travel by motor launch on the picturesque [Chao Phya River](#) and klongs (canals) to observe the serene family



homes and temples along the waterways, which gave this city the name “**Venice of the East**”. We will pass the famous [Royal Barges](#), excellent samples of Thai craftsmanship. Stop at [Wat Arun](#), the Temple of Dawn, which 79 m spire silhouette has become so identified with Bangkok. There will be ample opportunity to photograph the magnificent multi-colored porcelain-studded towers.

The Grand Palace, **Chakri Maha Prasad**, is one of the most beautiful samples of an ancient Thai court and the former residence for the Thai kings. Here are several things to admire: The Reception Hall, the Coronation Hall, the Funeral Hall and the beautiful **Temple of the Emerald Buddha** ([Wat Phra Keo](#)).

One can easily visualize the splendour & pageantry of the past. Ladies and gentlemen are required to dress suitably.

PM: Temples and [Chinatown](#) tour

Visit [Wat Po](#), home of the enormous Reclining Buddha and one of the oldest and largest temples in Bangkok. Here the Traditional Medicine Practitioners of Bangkok have their headquarters and traditional [Thai Massage](#) is taught and practiced here. Tak a local [tuk-tuk](#) (three-wheeled taxi) to Chinatown for a short walk. The Chinatown district is one of the oldest areas of Bangkok as Chinese merchants were originally moved to this area in the early 1780's when Bangkok was founded. One of the main streets of this area, [Charoen Krung](#), was actually Bangkok's first paved road, so it's English name, New Road, cannot really be more inappropriate nowadays. The area has got a somewhat seedy historical reputation for large numbers of opium dens, brothels (which hung green lanterns outside, giving it the name of the Green Light district), pawnshops and a fondness for gambling. Today, gold shops and pawnshops are still very popular in Chinatown and can be found almost anywhere. Drug dealing, prostitution and gambling (all now illegal in Thailand) are also still though to be widespread in this area, though they are not likely to be very noticeable to the average visitor. Nevertheless, Chinatown remains a pretty interesting area to visit.

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Day 2 [Bangkok](#) (continued)

With the exception of [Wat Trimitr](#) (**Golden Buddha Temple**) where we will visit, it is almost completely non-touristy, though this has the downside that most people round here speak very little English. Though the main roads are not very dissimilar to those of other parts of Bangkok, the genuine Chinatown lies down the busy numerous smaller roads, narrow alleys and backstreets. The Chinese in Chinatown have been living in Thailand for generations, and generally consider themselves very much as Thai-most can no longer speak any Chinese.

Lunch and dinner will be provided at local restaurant.



Day 3 **Bangkok** (B/L/D)

Breakfast at hotel and your free day at leisure (Optional: Thai Cooking Class). Lunch and dinner will be provided at hotel.

Day 4 **Bangkok** – [Chiang Rai](#) (B/L/D)

After breakfast and check out at hotel, meet with your guide for transfer to Bangkok Airport. Upon arrival at Bangkok Airport, meet with your guide for transfer to your hotel. Lunch and dinner will be provide at hotel (lunch can be provided at local restaurant depend on your flight time)



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Day 5 **Chiang Rai** (B/L/D)

Breakfast at Hotel

Visit [Golden triangle](#), the meeting point of the borders of Burma, Laos and Thailand. Take a **boat ride** on the [Mekong River](#) to see activities along the border of Laos. Stop at **Donsao Island** to visit the local market selling local handicrafts. Lunch at local restaurant before return to hotel. The rest of your day at leisure

Dinner will be provided at hotel.

Day 6 **Chiang Rai – Chiang Mai** (B/L/D)

After breakfast and check out at hotel, drive to **Mae Ka Chan**, famous for its hot springs. Locals believe that a bath in the springs will reduce pains and aches and can actually cure sickness. We continue our trip through scenic hillsides and jungles to Chiang Mai, the “Rose of the North”. Arrive in Chiang Mai and visit [Wat Suan Dok](#) where the ashes of Chiang Mai’s Royal Families are interred. After that, proceeding to **Wat Jed Yod** with its seven spires and incredible architecture commemorating the year 2000 of the Buddha era. Then drive up to visit Wat Phra Dhat Doi Suthep. With its location of 3500 feet above sea-level, we can see a panoramic view of Chiang Mai City. **Wat Phra Dhat Doi Suthep** is the most sacred temple in northern Thailand, containing a holy relic of Lord Buddha, and a challenging fight of over 300 walking steps, flanked by enormous mythological Nagas. Drive down and check into your hotel

Dinner will be provided at hotel.

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Day 7 **Chiang Mai** (B/L/D)

In early morning, we will witness the traditional Thai Culture of offering food to Buddhist monks. Take a rickshaw ride to Chiang Mai Gate to visit the morning market. Continue to **Wat Srisoda** at the foot of [Doi Suthep](#) where you can see the Buddhist monks have their morning prayers. Return to Hotel for Breakfast.

After breakfast, we will visit a jungle area and see how elephants work in the timber industry at [Mae Sa Elephant Camp](#). (Optional: Elephant ride). Lunch will be provided at a local restaurant

Chiang Mai is the main center for high quality handicrafts. In the area of [San Kampaeng](#), handicrafts are produced and visitor are always welcome to watch the production. You can watch the full steps of the production of the famous **Thai Silk** as well as of the colorful **Paper umbrellas**. Skilled hands from the well known **Celadon Ceramics**,

other craftsmen transform teakwood with the help of simple tools into elegant furniture with delicate carvings. Also fascinating to watch is the production of **lacquer ware**, even eggshells are used to achieve unusual designs. **Silverware** is an offer in such a great variety that even the most modest visitors will be tempted to buy some.

Evening Khantoke Dinner

We take part in a traditional northern Lanna style dinner, known as [Khantoke](#). Typical Thai dishes from the northern region will be served. You will witness performances of a cultural show by various hill tribes of northern Thailand.



Day 8 **Chiang Mai Departure** (B)

After breakfast and check out at hotel, meet with your guide for transfer to Chiang Mai Airport.

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PHUKET- Thailand's largest island, has by far the most comprehensive range of accommodation, entertainment and attractions. [Patong](#) is its pulsating centre, packed with restaurants, bars, shops and a frenetic nightlife. Outside the town, choose your attraction from elephant trekking, crocodile and snake farms, waterfalls, forest treks, markets, go-karting and water sports.

OPTIONAL COOKING CLASS:

Optional Thai Cooking Class Gluten-Free will be a private class at [Blue Elephant Cooking School](#) in Bangkok. Includes 4 cooking dishes with recipes, welcome drink with Thai refreshing herbal drink, Blue Elephant Apron, Blue Elephant gift away and Blue Elephant certificate, Roundtrip transfer hotel in Bangkok. The teacher is available on request.

Sunday is closed.

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