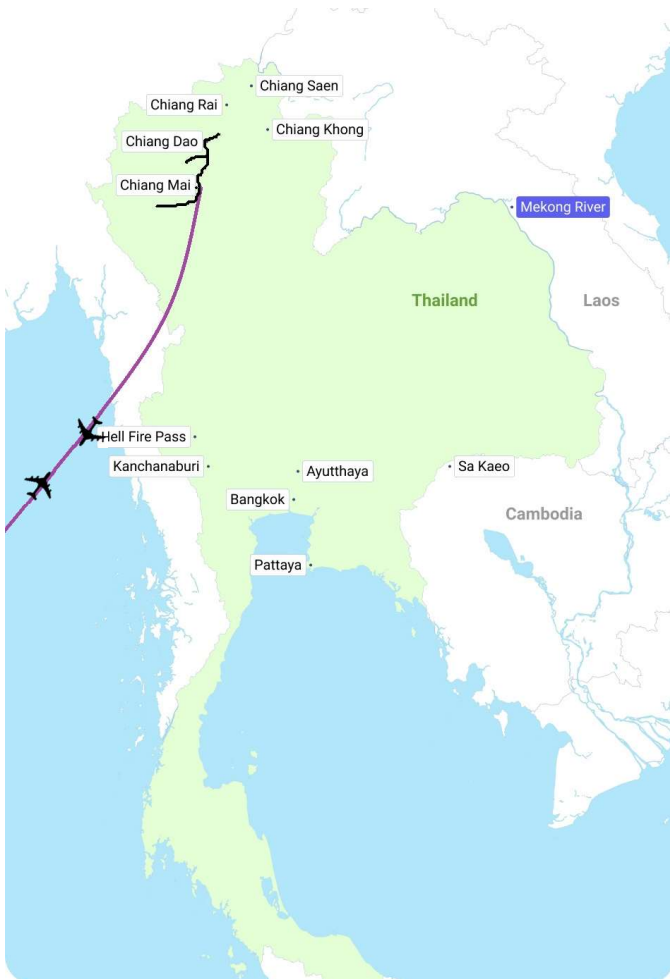


# Northern Thailand Family Adventure (7 days)

Thailand



**EDVENTURE TRAVEL**  
Learning through experience



This carefully designed program will explore the laid-back city of Chiang Mai and its surroundings. You will engage in an almost endless number of fun activities for all ages, relax in wonderful accommodation, and enjoy a rich culture with frequent colourful festivals and handicrafts abound. The 7-day northern Thailand trip offers everything a family and a group of friends would want to experience with limited time.

The journey will begin in the sleepy city of Chiang Mai before venturing to Mae Taeng Valley with its adrenaline activities and then onto Chiang Dao – home to several minority groups and traditional villages. This trip will suit families who enjoy adventure by day and comfort by night, without having to city or airport hop, thus making this tour an ideal for a school holiday adventure.

Activities on this epic journey include visiting an elephant sanctuary where we come up close and personal to this majestic animal. Tuk-tuk rides both day and evening, heart-pumping white-water rafting (or a slower bamboo rafting), and a hands-on cooking class are

included. Do you want more? A zipline ride through treetop canopies and a fast boat on Mae Ngat Lake to a floating restaurant, inflatable slides and lake kayaking are also on the agenda. To round off the trip, we visit Aka and Palong tribal villages to learn about life in the mountainous regions, bringing to a close an incredible Northern Thailand experience that has something for everyone.

## Day 1

### Arrive Chiang Mai (Thailand)



Arriving in Chiang Mai this morning, our tour leader greets us at the airport and transports us to our hotel. En route, we are briefed on our itinerary and provided a thorough rundown of everything we need to know when travelling in Thailand, including a quick Thai language lesson.

We venture out for our first exploration of Chiang Mai, that despite being large, maintains an overwhelmingly rural feel, more like a sleepy country town than a bustling capital city. We travel by local tuk-tuk and visit Chiang Mai's most significant sites, including the 700-year-old ancient brick moat and Chedi Luang, to see its ancient reclining Buddha and working monastery.

Here we learn the importance and significance of Buddhism in Thailand. Dinner is at a restaurant close to our hotel, where we may try some of the region's tasty curries and famous sticky rice and mango desert. (meals: lunch, dinner)

## Day 2

### Chiang Mai (Doi Su Thep lookout, eco-village & cooking class)



This morning, we make our way up to Chiang Mai's famous Doi Su Thep Temple overlooking the city. We learn about this religious site's history and local traditions, including the custom behind the ringing of the bells, before descending the double dragon staircase and trying tasty local snacks. Lunch is at a beautiful orchid farm where stunning flowers and butterflies surround us.

We visit a picturesque valley, home to various ethnic minority groups, including the Long Neck Karen hill tribe, originally from neighbouring Myanmar. The Long Neck Karen people are often called the 'Padaung', although the tribes prefer the term 'Kayan'. This eco-village gives us an understanding of the ethnic diversity in the north of the country and showcases costumes, jewellery, and age-old farming techniques from ten minority groups. These days, the Karen have become a self-sufficient community due to the interest of foreign visitors in their culture and their

bizarre custom of placing golden coils around their necks from a young age.

Mid-afternoon, we take part in a hands-on cooking class at a local farm learning the secrets of Thai cuisine. Our class is hosted by a talented local chef who first gives us a guided tour of the farm gardens introducing the produce and wide variety of spices and ingredients essential to Thai cuisine. We prepare several tasty dishes for dinner in pairs and with wok in hand. (meals: breakfast, lunch, dinner)

## Day 3

### Chiang Mai – Mae Taeng (rafting, zipline & elephant sanctuary)



Following breakfast, we travel north of the city to Mae Taeng Valley, where we enjoy the true exhilaration of white-water rafting – a unique way to see some of the beauty of the Thai rainforest and mountains. After a safety briefing, we travel down the Mae Taeng River in inflatable rafts, passing grade 2 and 3 rapids accompanied by our expert river guides. Without a doubt, we will see elephants grazing along the water's edge at some point. Next, we head up into the surrounding tree canopy to zipline across Mae Taeng's gully and river systems, revealing stunning views. This activity includes several zig zagging ziplines, wobbly but safe swinging pathways

and rope slides as we traverse varying obstacles and tree heights.

Our last activity is visiting an elephant sanctuary where we come up close and personal with several of Thailand's 4,000 Asian Elephants. While we do not encourage riding them, we do have the opportunity to walk with elephants as they bathe and feed. Local mahouts (elephant handlers) explain everything about elephant conservation, habitat loss, breeding programs and other interesting facts. We return to Chiang Mai, where there is free time to head out to the local Night Bazaar and explore Chiang Mai independently. (meals: breakfast, lunch)

## Day 4

### Chiang Mai – Mae Ngat Lake (Sri Lanna National Park & water activities) – Chiang Dao



Allowing for a later start today, we check out of our hotel and drive to Sri Lanna National Park and Mae Ngat Lake. This artificial lake, renowned for its pristine waters, serves as an essential water source throughout Chiang Mai province. Boarding a fast boat, we travel half the lake's length to a floating recreational area to enjoy swimming, kayaking and comfortable restaurant facilities. This peaceful lake highlights the natural beauty and rural hospitality of those who live around the lake's edge. We return by longboat to the mainland, then bus for one hour to Chiang Dao, which translates to City of Stars. Tonight, we check into our hotel before strolling

down the street to the local market. After dark, the reason for Chiang Dao's name is exposed.

The Mae Ngat floating restaurant island has change rooms, showers, kayaks with lifejackets and a small restaurant selling tasty dishes. (meals: breakfast, dinner)

## Day 5

### Chiang Dao (ethnic minority village & rural excursion) – Chiang Mai



Chiang Dao has plenty of beautiful natural attractions, including rugged mountains, caves and dozens of ethnic minority groups, all of which we explore today.

Our first stop is to Chiang Dao Cave, nestled amongst rural farming communities. The cave is well lit and laden with Buddhist statues. We farewell our large vehicle and move to long-tailed trucks as we head up bumpy roads into the mountains to begin a light trek (or drive-in) to Aka, Lisu or Palong minority tribes. Our expert local guide explains the traditions and customs of each village we explore, including farming

practices, cultural identity, and sustainability issues. Our village hosts prepare a traditional meal for us. Late afternoon, we return to Chiang Mai, where there is free time to 'shop 'til you drop', relax in the hotel pool, or perhaps dine at a local open-air barbecue restaurant. (meals: breakfast, lunch)

## Day 6

### Chiang Mai – Doi Inthanon (Mountain exploration and waterfalls)



We saddle up for another adventure to the highest mountain in the country, Doi Inthanon. The views are stunning at an elevation of 2,565, as is the journey up the mountainside. We visit botanical gardens and the cascading 50-metre high Sirithan Waterfall. The high elevation means we need to wear warm clothing, a novelty for the locals. On our return journey to Chiang Mai, we visit local villages selling handicrafts and silks.

The rest of the afternoon and evening is free to explore independently, and there is plenty of evening entertainment from which to choose. You might like to try a kickboxing show, a Cabaret, watch a local movie or head out

to the Night Safari. (meals: breakfast, lunch)

## Day 7

### Depart Chiang Mai

Today you are free to explore independently. Our tour leader and local guide escort us to the airport before our flight. Check out time is 12noon unless post-accommodation is booked.

If required, pre or post-trip accommodation can be booked. (meals: breakfast, lunch)

## Summary

### Grading

**Easy;** To get the most out of this trip, you need to be in good health. However, anyone with reasonable fitness will be able to take part. There are no real physical difficulties, but you will be expected to walk every day and carry your luggage for short distances. The itinerary may include bike riding and climbing steps. If your itinerary includes community service work of any description, you will be expected to work diligently during this component. Suitable packing lists will be provided to match the content of the itinerary.

### Accommodation

Private tours/family tours: Accommodation is based on a double/twin share arrangement. If you are travelling alone, you will be paired up with someone of the same gender. If you choose not to share or are the odd numbered person on tour, a single supplement is payable. For children under 12 years of age, it may be possible for one child to share with parents (depending on hotel regulations and availability of extra beds/rollaway beds)

### Transport

Depending on the tour, modes of transport may include modern air-conditioned private coach and boat.

### Your Tour Leader

A tour leader accompanies all group tours. Your tour leader is the person who most influences the success of your trip. They have been meticulously trained and are very experienced in running tours. Every tour leader is locally employed, therefore they are the best person to showcase their country and culture. Their expertise and knowledge creates an insightful and authentic experience of the region. They are with you throughout your trip from breakfast time until the group returns to the hotel in the evening. They are contactable 24/7.

For more information on the role of the tour leader, local guides and accompanying teachers, please refer to our website.

### Group Size

Private tours/family tours: Minimum group size is 12. There are no maximum participant numbers on any tour.

## Trip Cost and Details

Cost per traveller from A\$ 1,250

Based on a minimum of: 12 travellers

*\*Smaller or larger group sizes priced on application*

### Inclusions

- All accommodation, transport, activities, entrance costs and other programs as described in the itinerary
- Professional Edventure Travel tour leader throughout the trip & additional specialist guides
- Meals (and drinking water) as listed in the itinerary
- 24-hour **IN COUNTRY** support
- Pre-departure support, briefings and planning
- Tips for tour leaders, local guides & drivers

### Exclusions

- International flights to/from Thailand
- Travel Visa costs (if required)
- Spending money
- Travel insurance
- Pre/post accommodation

### Contact details

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