



hello taste

Thailand

Open to the new shades of
Gastronomic tourism in Thailand



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SENSUOUS EXPERIENCE OF THAI FOOD

'Gastronomy' is defined as the art of eating and drinking in many sources, it in fact is an interrelated branch of art and science that has a direct relation with chemistry, literature, biology, geology, history, music, philosophy, psychology, sociology, medicine, nutrition, and agriculture

'Gastronomic Tourism' is defined as 'being in pursuit of unique experience of eating and drinking.' Gastronomy Tourism, which generally refers to the originality of a dish and its being indigenous to a place, a region or a country, covers the main areas of indigenous dishes and wine tourism. Gastronomic Tourism includes visiting food producers, eating festivals, restaurants and special places related to some special foods together with tasting a special dish, observing its production and preparation processes or eating a special dish from the hands of a very famous chef as well as seeing how a certain dish is being prepared.

BANGKOK

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THAI WISDOM

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EXOTIC BANGKOK



THAI WISDOM

Thai cuisine has been passed on from generation to generation since the ancient kingdom of Siam was first established. Over the years, the food has evolved along with the country, and today the dishes you'll find in both restaurants and street-side vendors represent a variety of cultures - while still retaining the traditional cooking techniques and ingredients unique to Thailand.

This trip invites you to follow in the footsteps of our ancestors and discover the wisdom of Thai food that has been cherished by both locals and foreign visitors for so long. You'll get to go behind-the-scenes to discover what's happening in the kitchen, as well as learn about the complex recipes and how Thai people traditionally cook throughout the seasons. Understand how we pick out the rich ingredients in the many different parts in the country, taste the five unique flavours of Thai cuisine (sour, salty, spicy, sweet and savoury), and experience true Thai culture through participating in authentic cooking workshops.

PROGRAM :

1 DAY TRIP

🌄 10.30 a.m.

Visit Khlong Toei Market, one of Bangkok's largest markets where you can find thousands of ingredients all in place

☀️ 11.30 a.m.

Bangkok Bold Kitchen

Enjoy lunch combined with a cooking workshop where you'll learn how to cook authentic Thai cuisine using local ingredients and traditional methods

3.30 p.m.

Sane Cafe and Workshop

Learn the unique old techniques of making Thai desserts with the scent of smoking candles to create Kanom Thong Eak and Kanom Sane Chan

🌙 6.00 p.m.

R.Haan

Discover more about the Thai wisdom that goes into cooking with this dinner designed to be served in three different set selections; Royal Thai Samrub Tri, Royal Thai Samrub Tho, and Royal Thai Samrub Eak

9.00 p.m.

Taste some cocktails made from 100% local ingredients at Rabbit Hole

(The Bamboo Bar at the Mandarin Oriental Hotel is another option)

Co-created by **BlackRice**
TRAVEL

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guru@blackricetravel.com



Khlong Toei Market

HUB FOR THAI INGREDIENTS

To get to know more about Thai cuisine, it's best to start with the ingredients; for this, Khlong Toei Market is the place to go. This 24-hour market is a hub for Thai ingredients that come from all over the country; from meat (some of which is still moving) to vegetables, fruits and hard-to-find regional ingredients (such as Bai Ya-nang leaves, one of the main components of cassia curry or 'Kaeng Khe Hlek') - it's all here! You can also find other unusual delicacies like buffalo skin, horseshoe crabs, siam tulips, ant eggs, weaver ants (or 'Mae Peng'), penny bun mushrooms, and much more. These are just some of the things you'll be able to find in this market, which make it a popular shopping spot among locals as well as chefs who come here for their ingredients.

A walk through the market allows you to witness Thai culinary culture from start to the end - from the way Thai people go about choosing ingredients to the way they interact with each vendor, greeting them and asking for discounts, as if they were their own relatives.

Khlong Toei Market
1 Kasemrad Rd, Khlong Toei, Bangkok 10110
Open Daily 24 hrs.



Vast amounts of fresh ingredients are displayed throughout the hundreds of stalls within Bangkok's famous Khlong Toei Market, the fresh produce hub for many of the city's top chefs.



Bangkok Bold Kitchen

AUTHENTIC FLAVOURS OF
LOCAL THAI FOOD FROM THE EXPERT

Bangkok Bold Kitchen is a combined restaurant and cooking school specialising in local Thai food, and was founded by a chef who has traveled throughout the country to bring the knowledge of local ingredients and cooking techniques to create dishes that are delicious, bold and beautiful - while also maintaining the integrity of authentic Thai cuisine.

Here, you'll learn all about this authentic way to cook Thai food from a true expert. Work up a sweat pounding a mortar with a pestle to create chilli paste, the base for Thai cooking, and breathe in the scents of the many perfect combinations of flavours, before having a proper taste of your own creations for lunch. Some of the highlight include a sour southern-style fish organ soup paste made from catfish and Thai herbs served with home-grown local vegetables; spicy rice croquettes with fermented pork, ginger and peanuts from Mae Klong; mackerel fried rice served with fresh chillies and five-time deep-fried (yet grease-free) pork crackling; stir-fried marinated pork shoulder with garlic; papaya salad (Som Tam); custard apple from Pak Chong in coconut milk; and traditional dessert of pickled green mango in citrus syrup, ginger and fried shallots.

Bangkok Bold Kitchen

Fl. 2 at Riverside Plaza 257 Charoen Nakorn Rd. Samrae, Thonburi, Bangkok 10600

Open Daily, 11.00 a.m. - 10.00 p.m.

Tel. +66 9 6626 4519 FB : Bangkok Bold Kitchen



Chef Chortip "Nhoi" Ouypornchai sakul, the brains behind Bangkok Bold Kitchen, started off by blogging about her culinary experiences and reviewing rare, atypical restaurants in several provinces that she traveled to while study Thai cuisine and cooking techniques.



Sane Cafe & Workshop



THE SWEETNESS CHARM OF THAI DESSERTS

The unique charm of Thai desserts lies in their beautiful presentation, delicious taste and alluring scent. Sane Cafe and Cooking School, located on Tanao Road close to the famous Khao San Road, is the place to experience the delicacy of Thai desserts. Here, every item on the menu is freshly cooked, the colouring is all-natural and all of the ingredients are hand-picked. These include coconut sugar from Petchaburi as well as flour from Choo Thin; both are expensive to buy but definitely worth it, thanks to their high-quality texture and distinct aroma.

Learn how to cook Thai desserts using different processes of steaming, poaching, blending, and smoking - all techniques that make Thai desserts unique. Sane Chan, for example, is smoked with candles to bring out the sweet fragrance. Thong Ake is another delicious dish that is made from wheat flour, sugar, egg yolk and coconut milk stirred gently over a low heat. It is then molded and decorated with edible gold flakes for good luck. Thong Ake is usually served at Thai weddings as a blessing for a long-lasting companionship.

You can be sure that a visit to Sane Cafe will be a fantastic chance to get to know more about Thai culture while falling in love with our sweet side at the same time.

Sané Café & Workshop
99 Tanao Rd. Wat Bowonniwet, Phra Nakhon Bangkok 10200
Open Tuesday - Sunday, 11.00 a.m. - 7.00 p.m.
Tel. +66 63 541 4964 FB : Sane.workshop



Elaborating Thai desserts is like casting a spell on the delicate microscopic jewellery. They ask for the meticulous and thorough and zesty sweet flavour.

R. Haan



EXPERIENCE EVERY ASPECT
OF TRADITIONAL THAI FOOD
FROM THE ORIGINAL RECIPES

Seasonal food is an important component of Thai cuisine which uses ancient knowledge to ensure the freshness of each ingredient. At this restaurant, not only do you get to taste the flavour of each ingredient at its optimal point, but also know that the produce comes from sustainable farming methods.

R.Haan is a fine-dining restaurant serving up authentic Thai cuisine by Chef Chumpol Jangprai, an expert in the Thai cooking scene for the past 30 years. R.Haan presents a seasonal menu that used local ingredients from all over Thailand. There are three different set menus to choose from; Royal Thai Samrub Eak (Royal Cuisine), Royal Thai Samrub Tho (World Classic), and Royal Thai Samrub Tri (Local Wisdom). These can be enjoyed individually or in the proper family sharing-style that showcases the customs of Thai dining culture.

Every dish finds the perfect combination of taste; sour, salty, spicy, sweet and savoury, which are presented through the different cooking techniques, from fermenting, grilling, boiling, and stir-frying dishes as well as incorporating Thailand's bold range of chilli pastes.

R.Haan

131 Sukhumvit Rd. Soi 53 (Paidee Madee) Klongton Nua Wattana Bangkok 10110
Open Daily, 6.00 p.m. - 11.00 p.m.
Tel. +66 95 141 5524, +66 2 059 0433-34 www.r-haan.com



Chef Chumpol Jangprai is one of the most famous chefs in Thailand, thanks to his experience, skills and TV appearances. He is also a restaurant and cuisine consultant for several cooking institutions. If you're lucky, Chef Chompol will have the time to explain exactly what goes into each and every dish he serves to your table.



THAI CULTURE

FAMILY SHARING CULTURE

One aspect of Thailand's food culture is the concept of family sharing. Thai families or groups of friends usually serve shared dishes on the table (or sometimes on mats on the floor) where each person can simply pick at during the meal. This tradition has been passed on from generation to generation, which has, in turn, helped cultivate the culture and mindset of Thai people to share and be more generous to one another.

Rabbit Hole



EXPLORE THE TASTE
OF EXOTIC THAI
WITH UNIQUE COCKTAILS

A hidden gem between Bangkok's trendy Thong Lo Soi 5 and Soi 7 sits Rabbit Hole, a bar disguised behind a large wooden door with no sign up front. When you enter, you'll discover a treasure-trove of unique cocktails treasure, created by two Diageo World Class mixologists. The venue was named as Bangkok's 'Bar of the Year 2018' thanks to its chic decor, innovative drinks list and speakeasy-style atmosphere. Their signature drinks include those that use local ingredients including fruits, flowers and herbs, with the base being Thai liquor. The bartenders can also serve other to-order cocktails which you can request – although this is not really the place for Long Island Iced Tea or flaming shots of Sambuca.

Rabbit Hole
125 Sukhumvit Rd. Soi 55 (Thonglor), Klongton Nuea, Wattana,
Bangkok 10110
Open Daily, 7.00 p.m. - 2.00 a.m.
Tel. +66 98 969 1335 www.rabbiholebkk.com



'Queen of Heart' this tantalizing light green cocktail features lotus syrup selected from Amphawa, aloe vera and grape juice. Mixed with vodka, citrus and topped off with foamed egg white, this is one memorable cocktail (although not so much if you drink too many).





THE 'PATH OF FLOWERS'

Bright, colourful flowers may not be the first thing that comes to mind when you think of Bangkok - but look a little closer (with the help of one of our local guides) and you'll soon find that this vibrant city is much rosier than first glance.

Welcome to this 'Path of Flowers' one-day tasting tour of the Thai capital, where you will witness the beauty of the country through a variety of local flowers. Having been part of Thai culture for a long time, flowers are used for making a number of savoury dishes, desserts, and drinks by bringing out the best properties of each flower. As part of the trip, you'll get to both taste and try to cook some delicious dishes with the help of an expert chef.

PROGRAM :

1 DAY TRIP

🌅 10.30 a.m.

The Museum of Floral Culture, and Dok Mai Thai Salon du Thé

- Visit the Museum of Floral Culture
- Join a floral workshop
- Enjoy a lunch inspired by flowers
- Taste and sip after-meal desserts and tea

☀️ 2.00 p.m.

Take a stroll through Pak Khlong Talad, Thailand's largest and most famous flower market

🕒 3.00 p.m.

Enjoy afternoon snacks at the nearby Floral Cafe at Napasorn

🌙 4.00 - 8.00 p.m.

Learn how to cook Thai cuisine using flowers as the main ingredient and enjoy dinner while cruising along the Chao Phraya River, departing from Anantara Riverside Bangkok Resort at sunset.

Co-created by  **FRIDAY TRIP**
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pam@fridaytrip.com



The Museum of Floral Culture & Dok Mai Thai Salon du Thé



THE MEANING OF FLOWERS IN THAI CULTURE

Get to know all about the different kinds of flowers that grow in Thailand and learn about the 'roots' of the many Thai traditions that involve flowers; some of these include Teacher's Day, Songkran Festival (Thai New Year), Loy Krathong light festival and traditional weddings. See the reproduction of the famous Loei flower parade and admire the flower-inspired artwork found throughout this fascinating museum. You'll notice that Thais usually display flowers in a different fashion to the west, with each petal neatly arranged or bound together to create a hanging mobile—rather than simply dumped in water at the bottom of a vase. You can also join a workshop where you'll be taught how to make your own Thai flower wreath.

After the workshop, it's time for lunch! Of course, what you'll be eating follows in suit with the theme of the morning, with flower-inspired dishes served at the museum's very own on-site restaurant. Get stuck into the chef's pretty creations such as deep-fried squid with coconut served with butterfly pea dip, the cowslip creeper omelette, or crab egg chilli paste with fresh vegetables and flowers.

For afters, stop by at Salon du Thé cafe to try their many selections of flower tea such as white meranti, rose, jasmine, sakura, and lotus varieties, all of which go perfectly with a local Thai dessert like frozen rose jelly yogurt with a light fragrance and Insta-worthy rose pink colour.

The Museum of Floral Culture & Dok mai thai salon du the
315 Samsen Rd. Soi 28, Yaek Ongkarak 13, Dusit, Bangkok 10300
Open Tuesday - Sunday, 10.00 a.m - 6.00 p.m
Tel. +66 2 669 3633 FB : The Museum of Floral Culture





THAI CULTURE



THE THAI ALTERNATIVE TO A BOUQUET OF FLOWERS

Thai flower wreaths have been part of traditional Thai culture for many years. These are created by combining different kinds of small flowers that are commonly found in the country, such as jasmine, gardenia, globe amaranth, and crown flowers. The flowers are then sewn together to create a wreath in a variety of flamboyant and colourful designs.

In the olden days, wreaths were used as an offering for monks and teachers, but now the meaning has changed. In modern-day Thailand, they are used to offer congratulations, give thanks, or simply turned into a decorative item to mark important festivals and celebrations.

Flower Market Pak Khlong Talad



THE BIGGEST HUB OF FLOWERS IN THAILAND

One of the top 10 flower markets in the world, even the likes of National Geographic have pinpointed Bangkok's 'Pak Khlong Talad' as a must-visit market to visit. Vendors set up shop all day, every day, selling both common Thai flowers that are grown all over the country, as well as rarer varieties that are normally only be found in the cooler hills of the north. Some, such as domestic roses, can be bought individually, while others are sold in bunches or as pre-made wreaths.

If you want to know more about flowers, this is the place to be. Browse through, take photos (if permitted) and meet with some of the friendly local vendors and florists who are more than happy to explain more about their flowers, where they've been sourced from and what they are best used for.

Flower Market Pak Khlong Talad (Flower Market)
Chak Phet Rd. Wang Burapha Phirom, Phra Nakorn, Bangkok 10200
Open Daily 24 hrs.



THAI CULTURE

THE MEANING BEHIND EACH FLOWER

Bangkok's 24-hour Pak Khlong Talad is the nation's hub for practically every domestic species of flower and people come here from far, and wide to shop for different varieties, either for making decorations or to give to other people as a gift. But behind this abundance of beauty, there is also meaning...

1. Jasmine is the symbolic flower of Mother's Day, which represents pure love and compassion.
2. Marigold reflects prosperity, and is usually offered during important ceremonies such as weddings, moving house, or opening up a new business, as a blessing.
3. Orchids signify success in life, career and love.
4. Chrysanthemums represent sustainability, and are often used as a religious offering.
5. Globe Amaranth has an underlying meaning of unrequited love.
6. Crown Flowers suggest happiness in love, and are commonly used in wedding ceremonies.

Floral Cafe at Napasorn

THE CAFE WITH
FLOWER GARDEN IN IT



Tucked away beside the rows of shophouses that comprise the market, Floral Cafe at Napasorn is a true hidden gem that offers a sanctuary of quietness amidst the chaos all around.

As you step in, you might just think you've entered another flower shop; however, as soon as you head up one flight of stairs you'll discover one of Bangkok's most idyllic cafes, with other-worldly vintage decor and beautiful flower arrangements all around. To keep with the style, the cafe's home-made cakes and infused teas are made using flowers as their main ingredient. Some of the menu items not to be missed include the Minty Rose Tea, a combination of different kinds of herbs specially-made for their customers, as well as the Chocolate Raspberry Rose Cake which gives off a subtle rose scent with a sour yet sweet kick of raspberry.

Floral Cafe at Napasorn

67 Chak Phet Rd. Wang Burapha Phirom, Phra Nakorn, Bangkok 10200

Open Monday - Saturday, 10.00 a.m - 10.00 p.m.

Tel. +66 2 221 2039, +66 2 222 6895, +66 61 852 8866 FB : napasorn



Lavender Rose Tea, a sweet-scented rose-extracted tea garnished with vibrant lavender.



Anantara Riverside Bangkok Resort



LEARN TO COOK FROM FLOWERS IN
A RIVER CRUISE ALONG CHAO PHRAYA

After learning about Thai flowers all day long in the busy city, a great way to end the day is to take to the water for an evening river cruise along Bangkok's famous Chao Phraya. You'll be departing on the 'Manora', a traditional-style teak boat that sets off from the luxurious Anantara Resort. You'll be heading upstream past some of Bangkok's most famous riverside attractions (such as Wat Arun and the Grand Palace). There's also time to learn how to cook some Thai dishes using flowers – under the guidance of an experienced chef onboard. Some of these flower-inspired dishes include deep-fried sesbania and chicken salad; cowslip creeper with minced pork soup; stir-fried Siam tulip

with shrimp and oyster sauce (that has medicinal properties like curing colds and improving appetite); and sticky butterfly pea rice balls with coconut milk and jasmine (this bright blue rice is known to help with blood circulation and is full of antioxidants). While these flowers might not provide the most noticeable flavour to each dish, they do add a bit of artistic creation to the food, as well as adding a number of medicinal and health benefits.

Of course, once you have helped out with the prep work, you can sit down and enjoy your own creations as you cruise along the Chao Phraya River.

Anantara Riverside Bangkok Resort
257 Charoenakorn Rd. Samrae, Thonburi, Bangkok 10600
Tel. +66 2 476 0022 www.anantara.com/en/riverside-bangkok



EXOTIC BANGKOK

Experience the creativity of some not-so-typical Thai dishes on this 'Exotic Bangkok' route through the capital, with plenty of new and exciting tastes to discover along the way. The combination of talented chefs who hand-pick their ultra-fresh, locally sourced ingredients (some of which you've probably never heard of) with modern cooking techniques using new technology results in some of the most delicious and eye-catching dishes found anywhere in Bangkok.

PROGRAM :

1 DAY TRIP

☀ 11.30 a.m.

Enjoy an exotic Northeastern Thai lunch with the concept of 'Nose to Tail' at 100 Mahaseth

2.00 p.m.

Insects in the Backyard

Cook up some worm pasta and silkworm cheese cake at a cooking workshop, and then have a taste (if you dare...)

☾ 7.00 p.m.

Dine at Canvas, a fine-dining yet relaxed restaurant with a fun menu inspired by ingredients sourced from all over Thailand

(Try Chinese-style cocktails and enjoy the weird and wonderful sights at Sing Sing Theater is another option)

Co-created by  **FRIDAY TRIP**
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100 Mahaseth

EXOTIC ISAN-STYLE
CUISINE



This unusual restaurant can cook literally everything from 'nose to tail' – even ingredients like bone marrow and animal innards. The concept ensures that all parts of the animal are used, thus reducing unnecessary waste; however, this idea isn't new to Thailand, as Thai people, particularly those in poorer regions of the country where 'quality' cuts of meat aren't affordable, have been using things like intestine, liver, blood and even brain as part of their dishes for centuries.

100 Mahaseth hand-selects ingredients from different parts of Thailand. The beef is chosen from Chiang Mai, Nakhon Pathom, Surin and Buriram while the pork comes from the farms in Chonburi and Chachoengsao. Combined with the authentic cooking culture from Northeastern and Northern Thailand, the

dishes at this restaurant are so unique that you'll probably never come across anything like this again - unless you come back, of course.

Their signature dishes include charcoal-burnt bone marrow taken from cow bones, which are cut in half and grilled until done. The bone marrow is finished with roasted perilla seeds to give some crunchiness as well as the aromatic scent of lemongrass. Another must-try dish is their 'cassia curry' that uses boiled buffalo skin, mackerel, and fermented fish all mixed together with Ya Nang leaves and stewed cow tail, served with bola maka salsa that will help freshen you up. Aside from these, the restaurant has many more delicious dishes to offer.

100 Mahaseth
198/3 Mahaseth Rd. Si Phraya, Bangrak Bangkok 10500
Open Daily, 11.30 a.m. - 11.00 p.m.
Tel. +66 2 235 0023 FB : 100 Mahaseth



Creatively designed, Nose to Tail follows the concept of applying every part of the animal to make some mouth-watering (and waste-free) dishes.



(Above) Ya Dong for Welcome Drink
(Under) Cassia Curry Ox Tail



Charcoal-Burnt Bone Marrow



Insects in the Backyard



THE TASTE OF FUTURE

Some people have dubbed insects as the 'ingredient of the future', thanks to their high protein content and the fact that they can easily be caught without the use of inhumane farming processes. To taste this 'future' flavour, head to 'Insects in the Backyard', where all you need is an open mind (and an empty stomach). As the name suggests, this restaurant serves only dishes using insects as an ingredient (such as grasshoppers, worms, horseshoe crabs, crickets, pupa, and ant eggs) - and is the first fine-dining restaurant in Thailand to do so. The restaurant delicately creates interesting dishes, like their grilled

grouper topped with ant eggs, with white wine sauce and salsa that gives you a rich and sour taste; watermelon salad with Greek-style dried tuna topped with worms from Chiang Mai; or the house dessert of tiramisu that is made from pupa layered with Arabica coffee and finished with a pupa topping.

Not only you will get to taste these unique delicacies, but you'll also be able to learn how to cook some of the dishes from the experts behind-the-scenes. Their onsite workshop includes recipes such as high-protein pasta made from worms and pupa cheesecake!

Insect in the Backyard
At Chang Chui 460 Sirindhorn Rd. Bang Phlat, Bangkok 10700
Open Thursday - Tuesday, 4.00 p.m. - 11.00 p.m.
Tel. +66 2 035 7000 www.insectsinthebackyard.com



Four nutritional insects (pupa, grasshopper, bamboo caterpillar and cricket) are all used as the main ingredients for an assorted, and very unusual, menu at Insects in The Backyard.





This outlandish pasta is made from worms, which gives it a nice protein kick, and earthy taste. Getting into kitchen yourself to cook some insect dishes helps you better understand why this ingredient is become more and more popular - and encourages you to eat more in the future!



They even make use of these creepy crawlies in their desserts (who said insects aren't 'sweet'?)



Canvas

FINE DINING
FROM THE BEST INGREDIENTS
AROUND THAILAND



Never let the appearance of a dish fool you. Even if it looks like something you'd normally find in a western restaurant, it doesn't mean it's not 'Thai' (or at least, 'sort of Thai'). The chef here at Bangkok's highly-rated Canvas restaurant takes Thai local ingredients from the different parts of Thailand and presents them in a modern, international way with plenty of artistic flair. They categorise themselves as 'contemporary Bangkok cuisine'.

Despite the funky décor, modern dishes, and not-so-cheap drinks list, this restaurant still respects the authenticity of local Thai cuisine. Take the mud crab and lotus, for example, which is topped with local vegetables from Northeastern Thailand and presented in a very Insta-worthy way. The 'lamb neck and blood clam' dish is served with pakria and cockles, making a delicious combo when mixed together. Your dinner is finished off with chestnut cake that is baked on Thailand's classic 'Kanom Krok' stove, topped with bael cream and tangerine meringue.

Canvas
113/9-10 Sukhumvit Soi 55, Klongton Nua, Wattana, Bangkok 10110
Open Daily Sunday - Thursday, 6.00 p.m. - midnight
(Last order for food is 10.30 p.m., for bar is 11.30 p.m.)
Friday - Saturday, 6.00 p.m. - 0.30 a.m.
(Last order for food is 11.30 p.m., for bar is midnight)
Tel. +66 99 614 1158 www.canvasbangkok.com



Canvas restaurant draws on design inspiration from both Scandinavian and New York.





AYUT- THAYA

Ⓐ ROUTE 01
LAND OF LIVING






LAND OF LIVING

Now more appropriately known as 'the land of fish and rice', Ayutthaya has a rich supply of fish and giant shrimps which are plucked straight from the nearby Chao Phraya River, which also links to two other smaller rivers. Come rainy season, these three important supplies of fresh water also help to feed the region's vast expanse of rice fields, providing another valuable source of income for the locals.

On this trip, you'll learn all more about modern-day Ayutthaya by sourcing local ingredients, cooking and doing plenty of eating! There's also the opportunity to explore the old kingdom's fascinating past, with a visit to the city's popular UNESCO World Heritage Site, as well as a lunchtime sightseeing cruise.


PROGRAM :

1 DAY TRIP

 **8.00 a.m.**
Begin your journey from Bangkok to Koh Kerd, Ayutthaya


9.00 a.m.
Koh Kerd

- Head off on a sightseeing trip and soak up the riverside life along the banks of the Chao Phraya and learn how to catch your own river shrimps
- Learn how to cook authentic Thai desserts
- Visit and join the activities at the rice field of Thongton Chaidamrong

 **1.00 p.m.**
Cruise along the Chao Phraya River, with lunch then served on the 'Tha Luang' boat, which heads past some of the old capital's most stunning architectural ruins.

3.00 p.m.
Enjoy afternoon snacks and try some traditional 'kanom saimai' at Busaba Cafe & Meal

4.15 p.m.
Visit Ayutthaya's UNESCO World Heritage Site and survey the old temple ruins at Wat Mahathat

 **5.30 p.m.**
Taste more Thai desserts and shop for souvenirs at Baan Kao Nhom

6.00 p.m.
Dine by the riverside Sala Ayutthaya Eatery and Bar, with a fantastic view across the water to Wat Phutthaisawan temple

8.00 p.m.
Enjoy a drive through the city and see the old ruins light up when the sun goes down

9.00 p.m.
Travel back to Bangkok



Koh Kerd Community

DELICIOUS TREASURE
ON A TINY ISLAND



Koh Kerd, a tiny island formed by the tributaries of Ayutthaya's rivers, offers visitors the chance to see how life was like in Thailand (or 'Siam' as it used to be known) many decades ago. A 20-kilometre boat ride from the city centre, Koh Kerd is comprised of a few small communities who have sustained a simple life living by the water. They are ready to welcome you to their village and introduce you to many local activities that are designed to show you the true local identity of Ayutthaya. Try making some traditional Thai desserts (that are now very hard to find) like sweetened rice milk with coconut milk (Kanom Nam Nom Kao Ya Koo) or charcoaled Thai custard (Kanom Mo Kang Tao Tan). You can also attempt to catch a river shrimp with a local expert, learn how herbs are processed into other organic products and experience the life of a farmer at one of Koh Kerd's small rice paddies.

Koh Kerd Community

13/5 Moo 5, Koh Kerd, Bang Pa In, Ayutthaya 13160
Tel. +66 81 851 6632 FB : Ban Kohkerd Ayutthaya





An authentic Thai stove that uses charcoal, now very hard to find in the country.



How to make 'Kanom Nam Nom Kao Ya Koo'? Try mixing bright yellow palm sugar, smooth rice flour, sweetened rice milk made from pressed rice and fragrant pandan leaves!



Raan Tha Luang Riverside Bar & Eating Place



GOOD PLACE, BEST TASTE,
PERFECT SIGHT ALONG
CHAO PHRAYA RIVER.

Back in olden-day Siam, the only means of transportation was by boat - unless you preferred a long walk or bike ride under the hot sun. In fact, if you look closely, you'll see that many local homes, temples and other buildings in Ayutthaya are located right next to the water's edge, ready to welcome guests who would have been travelling via boat. Tha Luang Riverside Bar is no different. The water-side restaurant has been welcoming guests for many years, and also offers a special cruise that floats past some of Thailand's most historically significant landmarks. These can all be admired from a distance as you enjoy a lunch of local dishes and fresh seafood.



The Natwarin lunch cruise, which sets sail from Tha Luang Riverside Bar & Eatery Place, is held on an old teak boat that used to carry rice, rocks, and sand across Ayutthaya's Chao Phraya River.

Raan Tha Luang Riverside Bar & Eating Place
16/2 Au Thong Rd. Ratanachai Tower, Ayutthaya, Ayutthaya 13000
Open Daily, 11.00 a.m. - 10.00 p.m.
Tel. +66 96 883 7109, +66 35 244 993 www.raan-tha-luang.com





THAI CULTURE



6 SPOTS NOT TO BE MISSED WHILE ON THE THA LUANG RIVERSIDE CRUISE

1. Wat Phanan Choeng Worawiharn
2. Petch Fortress
3. Wat Phutthaisawan
4. Saint Joseph Catholic Church
5. Wat Chaiwatthanaram
6. Sri Suriyothai Pagoda

Busaba Cafe & Meal, Baan Kao Nhom

TASTE AYUTTHAYA SWEETNESS
AT ITS FINEST COOK



One treat not to miss once you come to Ayutthaya is the Thai cotton candy burrito pancake (or 'Roti Saimai'). This dessert, made from sugar pulled into thin lines like silk and rolled into a burrito shape with a soft pancake, has long been one of the province's most famous souvenirs (as you can take them home), but Busaba Cafe has elevated it to another level. With their creativity, the cafe has created plenty of other fusion menu, such as Thai spaghetti, which is essentially Pad Thai made with spaghetti; Busaba's latte, one of the cafe's specials topped with whipped cream and Saimai to give a bit of

sweetness; or Ayutthaya noodles and prawn salsa, which is made from the famous local noodles served with river prawn salsa and a special Tom Yum dressing with lime and deep-fried onion (basically a combination of Ayutthaya all in one dish!).

If you want to finish off with the delicious Thai dessert, Busaba Cafe has a ton to offer. Ayutthaya is where many of the country's best desserts originated from, such as flower egg yolk tart (Thong Yip), round egg yolk tart (Thong Yord), sweet shredded egg yolk (Foi Thong), or you could try some of its traditional desserts served with ice cream.

Busaba Cafe & Meal
56/2 Moo 3 Au Thong Rd. Tha Wasukri,
Ayutthaya, Ayutthaya 13000
Open Daily, 10.00 a.m. - 9.00 p.m.
Tel. +66 61 418 9229 www.busabacafeshop.com

Baan Kao Nhom
Au Thong Rd. Pratu Chai, Ayutthaya, Ayutthaya 13000
Open Daily Monday - Friday, 8.00 a.m. - 6.00 p.m.
Saturday - Sunday, 9.00 a.m. - 6.30 p.m.
Tel. +66 97 921 9465 FB : Baan kao nhom





THAI CULTURE

HOW THONG YIP, THONG YORD AND FOI THONG CAME ABOUT

These yummy desserts, including egg yolk waffle roll (Thong Muan), Thai sweet balls made of fried flour (Thong Plu), and Kanom Thong Prong were all first introduced into Ayutthaya by the Portuguese. The main ingredients for these delicacies are simply eggs and sugar which were adapted from Portuguese desserts. Maria Guyomar de Pinha, also known as Thao Thong Kip Ma, was a Portuguese-Japanese lady who came to Ayutthaya with her husband, Constantine Phaulkon (or Chao Praya Wichayen). Thanks to her expert food knowledge, she left behind a legacy of sweet desserts that are still enjoyed by the locals today. If you look carefully, you'll notice that the flower egg yolk tart actually looks like the Portuguese's Trouxas de ovos variety, the same as the sweet shredded egg yolk, which is similar to Ovos Moles, and has been adapted to fit more with Thai taste.





Mahathat Temple

This 400-year-old temple once represented the beating heart of Ayutthaya, being home to the Buddhist supreme patriarch where Buddhist priests used to stay. It was burnt down during the war, but has since been restored and renovated.

Check out the stupa, pagoda, viharas, and Buddhist supreme patriarch's palace - all of which can be found within the temple complex. The highlight here is the iconic Buddha head statue nestled in the roots of an ancient tree.



Sala Ayutthaya Eatery and Bar

THE MOST DELICIOUS DISH AND BEAUTIFUL SIGHT YOU'LL EVER GET FROM AYUTTHAYA

One of the best places in the city to head to at night, either for drinks or dinner, is the stunning Sala Ayutthaya Eatery and Bar. With its delicious Thai cuisine made from local ingredients and the mesmerising riverside views, it's definitely going to be a night to remember. Try the restaurant's fried shrimp chilli paste, a highly recommended dish that resembles Nam Prik Num (Northern Thai Green Chilli Dip), served with batter-fried prawns, boiled eggs and cucumber. Also on the menu is a hot and sour salted snakeskin gourami and vegetable ragout made with home-made chilli sauce, seasonal vegetables and, of course, that fried snakeskin gourami (don't worry, that's a type of fish, not actual snake skin), all of which goes great together with hot steamed rice. Round off a memorable evening with some cocktails while looking across to the ruins of Wat Phutthaisawan temple, which, when lit up at night, creates a wonderful reflection across the water.

Sala Ayutthaya Eatery and Bar
9/2 Moo 4 Au Thong Rd. Pratu Chai, Ayutthaya, Ayutthaya 13000
Open Daily, 7.00 a.m. - 10.00 p.m.
Tel. +66 35 242 588 FB : sala ayutthaya



THAI CULTURE

WAT PHUTTHAISAWAN

As the former palace of King Uthong, this ancient site has since been redeveloped into a temple many years. According to Thai customs, any building in which a King has lived cannot be inhabited by commoners or used for other purposes, which is why the palace is now used as a place of worship instead. It was also one of the few places that was not burnt down when Ayutthaya was destroyed in 1767, meaning it has been left in almost perfect condition.

CHAN- THABURI

① ROUTE 01

THE TROPICAL WONDERS
OF CHANTHABURI





THE TROPICAL WONDERS OF CHANTHABURI


Experience the beauty of Eastern Thailand at Chanthaburi, a province blessed by the tropical sea to the south and green mountains to the north. One of the factors that makes the food here taste so good is the region's abundance of volcanic soil, which is enriched with minerals, perfect for growing tropical fruits and all of those essential herbs that go into the local dishes. Thanks to the shoreline looking out into the Gulf of Thailand, it's not surprising that seafood is another important ingredient that makes Chanthaburi's food special.


During this trip, indulge in the richness the province has to offer through its authentic cuisine using local ingredients and cooked by local chefs. Many dishes here are one of a kind, and can not be found anywhere else in the country. There's also the chance to learn more about ways of the laidback Chanthaburi lifestyle by walking through a fruit garden, sailing across an oyster farm, and cooking with fresh produce right where it's grown!

PROGRAM :

2 DAYS 1 NIGHT TRIP

DAY 1


 **8.00 a.m.**
Begin your journey from Bangkok to Chanthaburi

 **12.00 p.m.**
Enjoy some of the local cuisine for lunch at Chanthorn Restaurant

1.30 p.m.
Wonder around in Charoen Suk Market to see the sights and shop for local ingredients

2.30 p.m.
Rak Khao Bai Sri Community Garden
- Visit the garden and taste fresh fruits plucked straight from the trees
- Join in the cooking workshop to create some Thai dishes that use these fruits

4.00 p.m.
Pa Glaeb Garden
Learn how local farmers process their fruit crops to create


 **5.30 p.m.**
Taste some fusion-style snacks and drinks at Bunny Boom cafe


6.15 p.m.
Check in at Baan Luang Rajamaitri Historic Inn

7.00 p.m.
Dine at Tamajun Riverside Cuisine & Cafe and enjoy the evening view next to the Chanthaboon River

(Krua Loong Chaey is another option)

DAY 2

 **9.00 a.m.**
Chanthaboon Waterfront Community Watch and learn how to make authentic Thai desserts; Kanom Koh and Kanom Kai

 **11.00 a.m.**
Uncle Tom's Oyster Farm
- Cruise across the sea and check out how the farmers maintain and catch their oysters
- Learn how to shuck an oyster yourself (with tasting!)
- Enjoy lunch on an exclusive hut floating right in the middle of the sea! Food is served with some of Chanthaburi's local beverages such as malva nut juice, golden lime juice and Gulve fruit wine
- 2.00 p.m. Set off from Chanthaburi back to Bangkok

 **6.00 p.m.**
Arrive back in Bangkok

Co-created by  SiamRise Travel
+66 89 155 1084
www.SiamRiseTravel.com
booking@siamrisetravel.com



Chanthorn Restaurant

THAI FOOD WITH FRUITS



For decades, Chanthorn Restaurant has welcomed guests from all over the country, serving up authentic Chanthaburi cuisine. Their signature dishes usually feature local ingredients, especially the famous tropical fruits of the province. We recommend the vibrant red curry with roasted duck, the feel-good Massaman curry with durian, and the zesty longan or mangosteen salads; some of these use only the freshest, in-season ingredient, allowing you to experience the unique taste of Chanthaburi in all its glory.

Other mouth-watering dishes are the salacca soup with fish and cardamom, or the curried pork with cowa leaves - one of the most famous dishes that helped the restaurant earn a 'Shell Chuan Chim' (Thailand's version of the Michelin Star), which was the first ever to be awarded in the province (with many more 'shells' following afterwards).



Both of the Chanthorn branches provide the locally-produced signature souvenirs for visitors to take home.

Chanthorn Restaurant
86/20 Soi Maharaj, Wat Mai, Muang, Chanthaburi 22000
Open Daily, 10.00 a.m. - 9.00 p.m.
Tel. +66 39 327 179





Massaman curry with durian and stir-fried rice noodles with crab meat



Charoen Suk Market

LEARN THE CHANTHABURI WAYS FROM THEIR MARKETS



One of the best ways to learn about the true lifestyle of the people anywhere in Thailand is to visit a local market. So, you'll be doing exactly this during your visit to Chanthaburi with a trip to Charoen Suk Market. Here, you'll find an endless supply of fresh ingredients taken from both the sea and land. The market is organised systematically into different zones; seafood, meat, vegetables, fruits, cooked dishes, and everything else - so you can pinpoint exactly what you want and where to find it.

You'll also be introduced to some of the local delicacies like the Chinese oranges that are used as a substitute for lemon. With their affordable price, all-year-long yield, and the right balance of acidity and sweetness, these oranges have become one of the signature flavours of Chanthaburi cuisine. It's worth picking up some cardamom, too, as this fragrant herb is not only great for cooking, but it also has medicinal properties, such as for detoxification or to treat fever. For seafood lovers, grab a fresh 'sea conch', yet another local favourite that's best enjoyed boiled and then dipped in spicy seafood sauce.

Charoen Suk Market
88/4 Tha Chang, Muang Chanthaburi, Chanthaburi 22000
Open Daily, 1.00 p.m. - 6.00 p.m.



Pepper (lower photo) is the highlight ingredient while *Amomum Villosum* (upper photo) accentuates the fragrant properties of the herb. Both of these ingredients also provide a fiery hot taste. Chanthaburi locals usually cook with these two elements to create their unique regional dishes.



Rak Khao Bai Sri Community Garden



TASTE THE CHANTHABURI'S TREASURE FROM THE GARDEN

Chanthaburi is renowned for its tropical fruits, partly thanks to its volcanic soil quality that has left it rich in nutrition and minerals. Whatever seeds are planted here, you can be sure that they will grow well - and the harvested crops will taste delicious. Rak Khao Bai Sri Community Garden is the perfect place to try some of these famous fruits plucked right from the trees.

This community was started by a group of gardeners in 2005 who wanted to turn their gardens into a learning centre for tourism and introduce all their fruits to travellers. The gardens

also preserves rare varieties such as the very creamy and sweet Puang Manee durians; the crispy and very pink rambutans; and the very sweet Sumalee salacca which, when served with syrup, makes a must-try dish.

After the tour of the garden, put your own skills to the test at the garden's very own kitchen. You'll be guided by the local experts on how to cook using the harvested fruits, making some signature Chanthaburi dishes like salacca rice with crab, stir-fried durian with chillies, longan salad and durian Som Tam.

Rak Khao Bai Sri Community Garden
11/1 Moo 4, Khao Bai Sri, Tha Mai, Chanthaburi 22120
Tel. +66 86 834 9604 www.khaobaisri.go.th



Pa Glaeb Garden

TASTE THE FRUIT
THAT BECOMES
MORE THAN FRUIT



Get to know the unique taste of Chanthaburi at the fruit (and other agricultural produce) processing learning centre founded by Wannee Boonsawat, or just 'Auntie Glaeb'. She is an expert on processing fresh fruits into other products. With her leadership as the president of Khao Bai Sri Agricultural Group, the products produced here have won many 5-star OTOP Awards.

Here, you will get to go behind-the-scenes and taste all of the tropical fruits and processed products of Chanthaburi. To enhance the quality and add value, the centre uses innovative preservation techniques to come up with new product lines, such as the famous deep-fried durian, durian paste toffee, mangosteen paste, oven-baked mangosteen and rambutan and salty banana crisps.

Pa Glaeb Garden
43 Moo 8, Khao Bai Sri, Tha Mai, Chanthaburi 22120
Tel. +66 39 320 532, +66 81 936 4585
www.snackandsweets.com



Only Monthong durians weighing between 8-9 kilograms are selected to make Pa Glaeb's deep-fried and very crispy durian snack.



Bunny Boom Cafe



A CAFE THAT COMBINES
CHANTHABURI FAMOUS FRUITS
TO THE MENU

The second generation of the famous Chanthorn Restaurant (that you visited earlier) runs a cafe having moved back to their hometown from Bangkok. He decided to open a cafe that used local ingredients to create some rather interesting fusion menu, such as cowa leaves on toast, Chinese orange soda, malva nut milk frappe, durian muffins and seasonal fruit ice cream.

Bunny Boom Cafe
188 Moo 2, Raksakhamun Rd. Tha Chang,
Muang Chanthaburi, Chanthaburi 22000
Open Daily, 8.00 a.m. - 7.00 p.m.
Tel. +66 94 249 0494, +66 96 594 9788 FB : BunnyBoom





Baan Luang Rajamaitri Historic Inn

Wind down and relax amongst the history of Chanthaburi at Baan Luang Rajamaitri Historic Inn. This 150-year-old historic building next to the Chanthaboon River boasts an eye-catching British colonial-style combined with both Thai and Chinese influences. Construction began in the era of King Rama V, with the building being home to Luang Rajamaitri. It has recently been renovated into a stunning inn and museum to cherish the long history of the structure, as well as provide an impressive place to stay for the night. Since its renovation, it has picked up several prestigious awards, most notably the 'Award of Merit' from the UNESCO Asia-Pacific Group.

The inn also displays historic stories of the house inside each of the guest rooms. The master bedroom that belonged to Luang Rajamaitri now exhibits visas, books and letters that he once wrote. The kitchen shows the old cooking photos and is decorated with real utensils, bowls and plates that were used back in the day. The Withee Chan guest room looking out over the Chanthaboon community is a live showcase of Chanthaburi lifestyle that still has a strong connection between temples and churches. The other 10 guest rooms are all decorated with historic photos to take you back in time to the old Chanthaburi that you never knew - but can at least feel during your time at the inn.



Tamajun Riverside Cuisine & Cafe



A DINNER IN CHANTHABURI
RETRO STYLE

Another stop, another restaurant in Chanthaburi – this time at a local eatery called Ta Ma Jun. The lively venue sits in the Chanthaboon waterfront community and is decked out with vintage furniture and decor (creating a very 1960's feel), and there's also a live band. The restaurant also keeps true to the bold taste of the local cuisine by serving only authentic dishes, including tiny freshwater prawns roasted with salt, grilled pork shoulder with green apples, fried rice with salacca chilli paste, pork soup with pineapple, and chicken soup with cardamom.

Tamajun Riverside Cuisine & Cafe
At Chanthaburi Waterfront Community
248 Sukhapiban Rd. Wat Mai, Muang Chanthaburi, Chanthaburi 22000
Open Daily, 7.00 a.m. - 11.00 p.m.
Tel. +66 98 968 6111 FB : Tamajun Riverside Cuisine & Cafe



Chanthaboon Waterfront Community

LEARN ABOUT CHANTHABURI PEOPLE ALONG THE 1 KM WALKWAY THROUGH THEIR HISTORY

This old community alongside the Chanthaboon River was regenerated by a group of corporations working together for three years in order to retain sustainability in architectural preservation and maintain the original lifestyle of the locals from both cultural and economic perspective.

You will experience the true Chanthaburi lifestyle in this community and see the different ethnicities and cultures, including a mix of Thai, Chinese, Vietnamese and French living harmoniously together. You can also understand more about the community's history through the architecture of the buildings, for example, the 150-year-old Baan Luang Rajamaitri Historic Inn, Baan Khun Anusorn Sombat (the learning centre No. 69), Baan Luang Prakob Nitisarn, Ketna Boonyaram Temple, and the Cathedral of the Immaculate Conception. The Ta Luang area or Baan Lum is another zone that prospered during the King Rama V era and has been well preserved over the years. Here, you can enjoy watching Auntie Tai making her Kanom Kai dessert, try to make Mae Kim Sia's Kanom Koh, and taste many sweet snacks from these four different cultures.

Chanthaburi Waterfront Community
Sukhapiban Rd. Wat Mai, Muang Chanthaburi, Chanthaburi 22000
Open Daily, 9.00 a.m. - 4.00 p.m.



Local houses sit parallel to each other along a 1-kilometre stretch, each one is as friendly and welcoming as the next.



Kanom Koh



Kanom Koh's cooking class



Fresh calamondin juice



Kanom Kai dessert



Uncle Tom's Oyster Farm

TASTE THE GIFT FROM THE SEA OF CHANTHABURI



Chanthaburi is blessed with fresh produce both from the sea and freshwater sources inland. The combination of the two types of waters creates brackish water, which is one of the main factors that has enabled Uncle Tom's Oyster Farm to grow big, fat and juicy oysters unlike anywhere else in Thailand. The farm has been named as a learning centre for local research after studying oyster farming as part of the research program of Rambhai Barni Rajabhat University and the Thailand Research Fund (TRF) for 35 years.

Travellers are welcomed by Uncle Tom who picks you up in a small boat before taking you across the two-coloured sea to his oyster farm. Here, you can learn some of the ingenious techniques used to catch the oysters such as the 'E-Pae' method of luring in the oysters using fake rock as bait.

There are three breeds of oyster at Uncle

Tom's Oyster Farm; the white Pacific oyster, which is large, firm and has a sweet taste; the black Pacific oyster, a medium-size oyster, which is sweet but less firm than the white Pacific kind; and the small Pacific oyster, which is the smallest and has a tougher texture.

Of course, you'll get to taste each kind as part of dinner, which is served on a floating raft next to the oyster farm (and in the middle of the sea!) They are served up as the main ingredient in various Thai-style dishes, including salacca soup with oysters, oyster omelette, oysters stir-fried with garlic, plus some other local dishes like Pad Thai with Chan noodles and curried pork with cowa leaves.

If you want to soak up more of the ocean atmosphere on the raft, Uncle Tom also has a room where you can rest and relax for the night.

Uncle Tom's Oyster Farm
Tha Chalab, 3146 Bangkaja, Muang Chanthaburi, Chanthaburi 22000
Tel. +66 89 803 0020





Carefully harvested, only oysters of a certain age (generally between 18 to 24 months) deliver the best taste.



THAI CULTURE

HOW TO GROW OYSTERS USING E-PAE

E-Pae is a tool for oyster farmers to attract baby oysters to nest. Here are the instructions on how to make one.

1. Cut a piece of nylon rope to a length of approximately 1.30 m. Gradually put the mixed cement and sand at the end of the rope, forming a circular shape. Create 10 circle-shaped pieces of cement in total, 10 cm. apart from one another. Dry them until they thicken and you will now have one line of E-Pae.

2. Put a group of E-Paes together and hang them on a structure built in the Chanthaburi river

3. Pick the right spot where it is crowded with baby oysters, and make sure that the E-Pae will be under the water when there is a high tide, and above the water when the tide is low. The best months to start planting these are from September to October each year.

4. When an oyster nests itself onto an E-Pae, the oyster farmers need to constantly take care of it and keep the pests away.

5. After 2-3 years, the oysters can be harvested.



CHIANG MAI

01 ROUTE 01

TASTE THE MORE NATURAL SIDE
OF CHIANG MAI

02 ROUTE 02

CHIANG MAI ARTISANS'
ART ON THE TABLE





TASTE THE MORE NATURAL SIDE OF CHIANG MAI

Chiang Mai, a city in the north of Thailand, can seem a little chaotic at times, especially during rush hour in the now well-developed city centre.

This one-day taste tour offers the chance to escape the hustle and bustle of city life and experience a more authentic side of Chiang Mai at a remote community situated on the highest mountain of Thailand, Doi Inthanon. Understand how the locals live, work and eat at this high altitude - sourcing fresh ingredients native to this part of the country. You'll have the chance to listen to the many stories about how local 'Lanna' food is made, as well as cook up some delicious northern dishes of your own, all of which are very difficult to find anywhere else in the world. Afterwards, it's back down to the city for a fine-dining dinner that adds some modern, artistic flair to Northern Thai cuisine. A truly unforgettable tasting trip in the mountain and city of Chiang Mai!

PROGRAM :

1 DAY TRIP

🌅 10.00 a.m.

- The Royal Agricultural Station, Doi Inthanon
- Visit and learn about the agricultural processes, from planting seeds to harvesting and then transporting fresh produce to the market.
 - Buy some fresh ingredients for cooking later

☀️ 11.30 a.m.

- Baan Pha Mon Village
- Learn how to roast and drip coffee beans by yourself
 - Forage for wild ingredients in the forest
 - Taste Pga K'nyau cuisine with the locals

🌙 6.00 p.m.

- Enjoy your dinner at Blackitch Artisan Kitchen



The Royal Agricultural Station, Doi Inthanon



THE HIGHEST QUALITY
OF INGREDIENTS ON THE
HIGHEST PLACE OF THAILAND

Head out of the city and gradually climb up the winding roads over Doi Inthanon mountain. With its high elevation and cold climate, this mountain ideal for growing many rare fruits and vegetables in Thailand. The Royal Agricultural Station Inthanon is one of the four royal agricultural stations set up by King Rama IX for supporting and developing Thai mountain farmers. It also acts as the centre for sustainable agricultural innovation, which helps make the produce from the royal project to be so well-received for its high quality and range of health benefits.

Here, you will be walked through each one of the agricultural processes from beginning

to end. Wander around at the farm and learn about the locals' dedication to innovation and research. Not only that, you will also be able to see how they fish in the mountain as well. Due to its colder climate, the station has been able to keep rainbow trout, sturgeon and Chinese mitten crab, and these non-native fishes have since become one of the many quality products associated with the royal project.

After your tour, pick some ingredients from the farm that you think will be able to be used to make some tasty dishes - because you'll be using these later to cook your own lunch (with the help of a local chef).

The Royal Agricultural Station, Doi Inthanon

Baan Luang, Jomthong, Chiang Mai 50160

Open Daily 07.00 a.m. – 6.00 p.m.

Tel. +66 53 286 777, +66 53 286 778 www.inthanonroyalprojectthailand.com



Baan Pha Mon Village

LEARN THE PGA K'NYAU WAY OF TASTE



From birth, the umbilical cord of Pga K'nyau hill tribe babies are put into a bamboo tube and left on a tree in the forest. Each tree would be known to be his/her personal tree which cannot be cut down. This is one of the beliefs which signifies the respect of Pga K'nyau hill tribe people to mother nature.

Get to know all about the lifestyle, beliefs, and food culture of Baan Pha Mon, a village is comprised of an ethnic group who have lived in this mountainous region for decades. Explore the surrounding forest just as the Pga K'nyau hill tribe people do, go foraging for natural ingredients, harvest local 'Buer Chor Mee' rice in the rice terrace, roast fresh coffee beans from the coffee plantation, and taste a warm brew amidst the natural surroundings of Pha Mon. You'll also receive a crash course in cooking some rare Northern Thai dishes from a native expert; some of the dishes to try making include the simply-named 'Ber', a curry made from rice, baby rattan palm, and minced pork mixed together, steamed chicken offal with curry paste, or Pga K'nyaus' chilli paste that is made from pounded grilled chillies and shallots, fermented soybeans, salt, boiled crickets, and coriander.

After cooking in true Pga K'nyau-style, it's time to enjoy your own creations accompanied by some traditional Pha Mon entertainment, with the villagers playing an instrument known as 'Tay Naa', quite similar to a harp.



Baan Pha Mon Village
Moo 8 Baan Luang, Jomthong,
Chiang Mai 50160
Tel. +66 93 232 3583
(Mr. Surasit Donjaipraiwan)





THAI CULTURE



MULLILAM AND FERMENTED SOYBEANS TWO OF THE GREAT INGREDIENTS OF THE NORTH

In Northern Thai cuisine, Makhwaen is one of the main spices that goes into almost every dish. It gives out a distinctively alluring fragrance and slightly spicy taste that tingles in the mouth, and this helps bring alive dishes with a fishy smell, especially those cooked with beef, like Kang Om Nue (Northern Thai-style beef soup) or Larb (spicy minced beef salad with herbs).

The fermented soybean is another specialty ingredient of the north, as it requires an intricate preservation technique, similar to the 'Nutto' of Japanese food. Full of nutrients (especially protein) this 'Tua Nao' variety of soybean is regularly used in the local Northern cuisine, bringing together flavours and naturally enhancing the umami element of dishes.



THAI CULTURE

PGA K'NYAU AND FAMILY BELIEFS

In the homes of Pga K'nyau, the Karen hilltribe people, you'll find that kitchens are open plan, and usually set lower than all of the other rooms of the house. Wooden logs are used to fuel fires for cooking in a variety of ways. If you look closely, you might see three rocks piled up together for pots and pans to be placed; this signifies the father, mother, and children of the household, with each family member always supports one another in every aspect of life.

Karen households are also normally comprised of three separate houses or buildings; one for living, one for cooking, and the final one as a type of barnyard. Traditionally, the designated kitchen house is believed to belong to the mother of the family, and once the mother dies, that house will be left deserted.

Blackitch Artisan Kitchen



THE BEST LOCAL INGREDIENTS
IN THE FINEST HAND

Despite its city centre location, Phanupon “Black” Bulsuwan, the chef-slash-owner of Blackitch Artisan Kitchen, is still serious about delivering authentic Northern Thai flavours while using traditional methods of both cooking and sourcing local ingredients. Having traveled throughout the country, especially to small, remote communities, Chef Black brings his expert knowledge of fresh Thai produce to this hugely popular Chiang Mai restaurant. As a result, the waiting list for his Chef’s Table can be up to one year (but don’t worry, we’ve booked you a spot in advance). Here, you will be able to exchange ideas and food knowledge with the chef as you make your way through the incredible 9-course set menu, encompassing both light and heavy flavours inspired by his culinary journey across the country.

Blackitch Artisan Kitchen
27/1 Nimmanhemn Rd. Soi 7, Suthep, Mueang Chiang Mai, Chiang Mai 50200
Open 11.00 a.m. - 2.00 p.m. , 6.00 p.m. - 10.00 p.m. (Advance Booking Only)
Tel. +66 92 587 9979 www.blackitch.com



Phanupon ‘Black’ Bulsuwan cooks up some particularly mouth-watering dishes, and each one has a story behind it in terms of where the ingredients were sourced. Chef Black respects local knowledge, which is reflected in his artistic, contemporary take on traditional Thai cuisine.





CHIANG MAI ARTISANS' ART ON THE TABLE


Traditionally, visitors to Thailand looking for a dose of culture come to Chiang Mai (it's not known as the 'cultural capital' of Thailand for nothing). The province boasts more temples than any other in the country, while the Old City wall, crumbling fortresses and variety of traditional markets all provide a reminder of Chiang Mai's past.


Besides its cultural abundance, many locals in and around the city have maintained their family's business or trade, some of which require specialized skills and incredible attention to detail to produce high-quality products and crafts. These artisans also include chefs and cooks who are setting up restaurants (or simply doing their best to keep their family's existing one going), who use only the freshest local ingredients combined with old-age recipes and cooking techniques. If you're an artisan in Chiang Mai, even the most elaborate of elements are essential to create authenticity.

This journey will take you to explore local ingredients of the north, learn how to cook native dishes, as well as absorb the art of making refined Northern Thai cuisine all over Chiang Mai.

PROGRAM :


1 DAY TRIP

 **9.00 a.m.**
Home-made pizza cooking workshop using the local ingredients

 **11.00 a.m.**
Enjoy a healthy lunch at 3 Studio prepared by a Japanese chef

1.00 p.m.
Ban Luang Neua, Tai Lue village

- Receive a tradition welcome from locals and educate a story of Tai Lue race.
- Design your signature bag by using a local wisdom of Tai Lue.
- Take to a bike and hunt for ingredients from the locals' gardens

 - Cook together with the locals

6.30 p.m.
Back to the city and try some cocktails at Nophaburi Bar

Co-created by  *Localalike*
+66 2 115 9861
+66 81 139 5593
Localalike.com
group@localalike.com



Barefoot Cafe



LEARN TO RECONNECT
WITH NATURE THROUGH
DELICIOUS RECIPES

Located in Penguin Village, in newly-emerged art and design community in Chiang Mai, this compact Italian restaurant delivers the same sort of cozy atmosphere as if you were having a meal at your friend's house. The founders originally built this restaurant in order to serve local organic ingredients, such as pesticide-free vegetables from Mae Tha Agricultural Community, cheese and butter from a local dairy farm and duck eggs from Phrao Organic Farm. In fact, these large, organic eggs are the main inspiration behind the café's specialty pasta, which swaps out chicken varieties (which many Thai-style pastas and noodles use) for the richer flavour of duck eggs. This exemplifies their stance to use only premium ingredients while supporting

small-scale local farmers who truly appreciate the values of their crops.

Another highlight of Barefoot Cafe is the fact that they let you cook your own local-style pizza. You can follow recipes and make varieties such as 'Chiang Mai's vegetable pizza' with wild mushroom and tamarind leaves or 'Chiangdao's' vegetable pizza (a favourite for Chiang Mai locals), which is great to eat with chili paste.

Barefoot cafe really presents an imaginative way of experiencing local produce with a touch of artisanal fair – and Italian inspiration. If you've never cooked your own pizza before in a proper oven, or tasted Chiang Mai's fresh, organic vegetables, this is the place to start.

Barefoot Cafe
At Penguin Village
44/1 Khunklongcholpratan Rd. Chang Phueak, Mueang Chiang Mai, Chiang Mai 50300
Open Thursday - Monday, 11.00 a.m. - 1.00 p.m., 5.00 p.m. - 8.00 p.m.
Tel. +66 83 564 7107 FB : barefoot cafe



3 Studio



KNOW HOW YOUR BODY WORKS
AND GET ITS RHYTHM
BACK FROM HEALTHY EATING

Keiko Makino, 3 Studio's Japanese founder, places the importance of healthy and nutritious ingredients over a quick flavour fix – something that many Thai and international restaurants are often a little guilty of. The restaurant is located on the ground floor of the more than 100-year-old Sriprakard hotel, right next to Chiang Mai's Ping River. She and her family decided to move from Japan and started a restaurant here with an ultimate goal to spread resources about hot and cold elements to consumers through her food and exotic fermented sauces.

The only thing you'll find close to resembling meat on Keiko's menu is her homemade tofu, which is meticulously prepared in authentic Japanese style and uses non-GMO soybeans with mineral water from

Chiang Dao. The result? A sweet-scented tofu like you've never tasted before! You can enjoy it at 3 Studio in a variety of dishes, such as the Tofu Gozen (tofu with 5 different kinds of vegetables changing daily with rice and soup); Zaru Tofu (soft tofu that isn't pressed into blocks, allowing it to absorb the authentic tofu flavour with wasabi and Keiko's special-made soy sauce); and Kombucha drink (the ultimate, fresh, fizzy fermented tea).

Keiko's profound microorganism-level knowledge also goes into each one of these healthy and delicious dishes; one thing to look out for is her homemade fermented sauce garnish - which enhances flavour and improves your digestion at the same time. **For those who are interested, 3 Studio has a tofu workshop held every month.*

3 Studio

At Sriprakard Hotel

35 Chiangmai - Lamphun T.wat gate, Muang Chiang Mai, Chiang Mai 50000

Open Thursday - Sunday, 11.00 a.m. - 5.00 p.m.

Tel. +66 97 943 7039 studio3.c2ec.com





THAI CULTURE

ENZYMES

Maintaining a good balance between microorganisms and food enzymes is an essential part of any healthy diet.

The old-age cooking technique of fermentation not only delivers an exotic kick of flavour, but also boosts microorganism activity. This microscopic organism helps degrade food into tiny particles, making it easier for digestion.

Without the use of heat, fermenting raw food can maintain the food's enzyme while preserving the nutrients in the dish - potentially for many years. After eating, micro-organisms and food enzymes will work together to create efficient digestion so that your body can quickly and adequately absorb nutrients.

Experience Keiko's micro-organism knowledge combined with her expertise on healthy Japanese food for yourself at Chiang Mai's 3 Studio.

Baan Luangnuea, Tai Lue Village

LEARN THE EXTRAORDINARY TASTE
OF THE 700-YEAR-OLD
TAI LUE CULTURE



Take a journey up high to the region's mountainous Doi Saket district, where you'll get to meet the Tai Lue people at Baan Luangnuea village. This culturally diverse ethnic group started to immigrate to Thailand from the Southern Chinese region of Xishuangbanna around 700 years ago, and still today, their relatively undiluted culture, language, attire and food remain all remain fascinating.

'Yu Dee Kin Wan' is the local greeting for Sawasdee, wishing all guests to live and eat well. After receiving a sprinkling from a leaf soaked with turmeric and acacia concinna water over your hands (this apparently ensures you future wealth according to the northern beliefs), you learn more about the hill tribe group's way of life - putting on Tai Lue costumes, crafting satchels and

cycling through the village looking for ingredients from people's gardens for lunch (don't worry, you have permission...)

Tai Lue people live a simple life by applying materials at hand to cook. For example, by growing vegetables in small gardens, catching frogs jumping in their rice fields and cooking with charcoal stoves in their kitchens, an exotic dish like Mi Khob Sai Toon (Frog chili paste with elephant ear) is curated. The word 'Mi' means chili paste. Unfortunate frog plucked from the villagers' fields are toasted until well-cooked before chili paste and elephant ear stem, a northern local vegetable, are mingled to complete the recipe. Another northern specialty is called Nam Poo, made from pounding up rice field crabs with herbs, then simmered until a chili paste substance is formed, which is normally added as the

Baan Luangnuea, Tai Lue Village
142 Moo 2, Luang Nuea Rd. Soi 4, Luang Nuea, Doi Saket, Chiang Mai 50220
Tel. +66 81 951 9320, +66 53 496 264



flavouring for soups. Khao Ji or grilled sticky rice is also a striking local recipe design - rolling chunks of sticky rice in neat patties and skewering them securely, then coating the surface with whisked eggs before grilling them on a low heat until your Khao Ji exudes a brownish smokey hue. The snacks have a crunchy exterior with a soft texture inside, and a mellow, salty tingling taste. A popular wintertime

recipe is Khai Pam or grilled egg in pandan leaf. There's a chance to cook all of these enticing dishes to serve as part of a traditional Khantoke meal. A short round pedestal tray is used as a small dining table by Lanna people. Traditionally, they will sit in a circle on the floor and savour the meal, dipping sticky rice with a medley of food - the perfect way to eat and socialize at the same time.



The Tai Lue people's warm welcome involves a greeting with blessings and water.



The Tai Lue's style of eating shows how strong their family bonds are. It is common to see them gather around in a circle for meals which are prepared in 'Khantoke'-style, comprised of a small round table full of Northern Thai snacks, dips and vegetables.



Nophaburi Bar



SIP THE GREATNESS OF THAI LOCAL INGREDIENTS MIXED IN A COCKTAIL GLASS

To round off your artisanal taste tour of Chiang Mai, it's time to head back down the mountain and into the city center where you'll find the excellent Nophaburi Bar. At this illusive cocktail den, drinks are intricately put together using authentic Thai flavors and locally-sourced ingredients, such as galangal, ginger, fruits and numerous homegrown liquors. Outlandish ingredients are blended together to create some one-of-a-kind cocktails like the Uthai Tip, a combination of basil, cucumber and Bangyikhan liquor.

Head mixologist is Boss-Thanapon Chanphan, who is also the founder of this unique Old Town bar. Try as many of his original creations as you like (as long as you're not driving) to cap off a memorable day of tasting and discovery.

Nophaburi Bar
75/1 samlaan Rd. Phasingh, Mueang Chiang Mai, Chiang Mai 50200
Open Daily, 6.00 p.m. - midnight
Tel. +66 87 198 6779 nophaburibarthaicocktail.business.site



These colourful drinks are created using local ingredients mixed together resulting in some rather unique cocktails.



Thanapon 'Boss' Chanphan, the owner of Nophaburi Bar, has years of experience working in many of the most popular cocktail bars.



PHUKET

01

ROUTE 01

PHUKET'S PERFECT
COMBINATION

02

ROUTE 02

CASTAWAY PARADISE
IN THAILAND'S ANDAMAN





PHUKET'S PERFECT COMBINATION

As Thailand's largest and most famous island, Phuket has it all. Many of its beaches are worthy of a whole new Instagram Stories album, while you'll also find a vast range of budget and luxury accommodation options. The nightlife is like nowhere else on Earth, and you can also explore offshore or adventure inland with a host of fun activities.


However, one aspect that many visitors fail to appreciate about Phuket is its rich culture and fascinating history. The island once served as the main port along the important trade route between India and China, and subsequently became a place where different cultures, languages and religions mixed seamlessly together. Evidence of this can still be seen today, particularly in Phuket's Old Town, where the fusion of European, Chinese and South Asian food, architecture and traditions is easy to see.


This two-day one-night Taste Tour of Phuket has been created so you can experience it all through cooking, learning about new dishes and drinks - and of course, plenty of eating! When it's time to say goodbye, you'll leave Phuket knowing this island like never before - and wanting to come back for more!

PROGRAM :

2 DAYS 1 NIGHT TRIP


DAY 1

 **9.00 a.m.**
Take a mini-walking tour through downtown Phuket (also known as the 'Old Town')
- Visit Peranakanitat Museum
- Enjoy ice-cream at Torry's ice cream
- Sightseeing Street art of graffiti


 **12.00 p.m.**
Get your first proper taste of an authentic Phuket lunch at Mee Ton Poe restaurant

2.00 p.m.
See how quality local rum is made at Chalong Bay Rum Distillery

4.30 p.m.
Relax at the hotel, The Slate

 **6.30 p.m.**
Dinner at Phuket's well-known Black Ginger restaurant

DAY 2

 **8.00 a.m.**
JW Marriott Phuket Resort & Spa
Join a cooking workshop using local ingredients from the sea and land

 **12.30 p.m.**
Lunch at JW Marriott Phuket Resort & Spa





Old Town

Get the taste of the old Phuket from 100 years ago with a walk through the island's 'Old Town' district. Phuket used to be one of the most important cities for tin mining in Asia, which enticed merchants from all over the world to visit. While the island's once-thriving mines closed long ago, evidence of this prosperous industry still exists today with examples of Sino-Portuguese architecture, a combination of the western and eastern worlds. These beautiful buildings really make Phuket a unique destination in Thailand, and also help persuade the island's tourists to swap the beach for a much-needed dose of culture.

Taste some of the local snacks and discover new ingredients at the Down Town Phuket Food Market, or as the locals call it, 'Talad Nam Pu.' Situated in the heart of Phuket, this is where many of the island's chefs come to pick out their ingredients for the day.



Example from the 'Food Art Old Town' campaign that featured a collaboration of 12 artists creating 12 different works of art. This represents the culture and lifestyle of the people in Phuket. (Below) 'Por Tor' festival, with the traditional red turtle snack signifying longevity and symbolizing the importance of the festival drawn by Alex Face at Talang Road, Rommanee Lane.



THAI CULTURE

TASTE OF PERANAKAN

Peranakan cuisine combines the flavours and ingredients of Chinese Hokkien, Melayu and Southern Thailand, with many of the dishes still enjoyed today having been passed on from generation to generation.

For example, the food incorporates Chinese-style pork, soy sauce, and fermented bean curd together with Southern Thailand's 'Rempah', a kind of Melayu-style sauce, as well as other herbs such as galangal, turmeric, lemongrass, and cumin. Peranakan cuisine is known to use more spices and herbs compared to other styles of cooking in Thailand, and this gives it a distinctly bold, fragrant and sometimes very spicy flavour.

Mee Ton Poe



TASTE THE ONE AND ONLY
PHUKET TRADITIONAL NOODLES

One thing not to miss once when you're in Phuket is to try the famous Hokkien noodles, a secret recipe of Mee Ton Poe restaurant. For over 60 years, the traditional noodle-making techniques of 'Pae Kong' have been used here, the owner who immigrated from China and settled here in Phuket. He first made his living by selling coffee before joining a kitchen team aboard a cargo ship that sailed along the South of Thailand. This valuable experience enabled him to pick up a lot of recipes, and he eventually opened up his own restaurant that focused on combining his Chinese roots with Thailand's local ingredients. His unique type noodle is called 'Hokkien Mee' - yellow in colour, rounder and larger in shape than normal Thai or Chinese noodles. As a result, when they are cooked (usually either stir-fried or soft-boiled), they become as delicious as any quality Italian spaghetti, if not more. The restaurant has been a part of Phuket's diverse culinary scene for decades, and has helped put Hokkien cuisine on Thailand's culinary map.

Mee Ton Poe
9 109 Sakdidejana Rd. Soi 1, Talad Yai, Muang Phuket, Phuket 83000
Open Daily, 10.00 a.m. - 8.00 p.m.
Tel. +66 76 216 293
FB : Meetonpoe



Torry's Ice Cream



THE LOCAL SWEETS
IN AN ICE CREAM DISH
THAT EVERYONE LOVES

Time to escape the hot Phuket sun and cool down in the famous 'Torry's' ice cream parlour in Phuket's Old Town. The owners have taken flavours associated with some iconic local desserts and replicated them in ice-cream form; for example, you can try their signature recipes like A-Pong, O-Aew, and B-Go-Moi ice cream.

Torry's Ice Cream
16 Soi Romanee, Talad Yai, Muang Phuket, Phuket 83000
Open Tuesday - Sunday, 11.00 a.m. - 9.30 p.m.
Tel. +66 76 510 888 www.torrysicecream.com



'Phuket Treasure', honey graham ice cream and assorted local snacks, one of recommended menu that introduces you to the world of local Phuket desserts



Chalong Bay Rum Distillery



THE FINEST RUM
THAT BRINGS A TOUCH
OF LOCAL FLAVOURS

Time to cleanse your palette (and maybe get a bit tipsy at the same time) at the world-renowned Chalong Bay Rum Distillery. Here, you will see all of the processes that go into making local Thai rum, which is done through distilling sugar cane using an authentic French method. A copper machine is utilised to help ensure the texture of the rum is kept as smooth as possible, and the bronze liquid takes around one year to make. When it's ready, the rum is perfect for mixing with some local flavours to create some tasty Thai-style cocktails that every bar should have on their menu. **If you are interested to learn how to make a Chalong Bay Rum cocktails, the distillery also offers classes at a small additional cost.*



Chalong Bay Rum Distillery
14/2 Moo 2, Palai soi 2, Chalong, Muang Phuket, Phuket 83130
Open Daily, 10.00 a.m. - 10.00 p.m.
Tel. +66 93 575 1119 www.chalongbay.com



Bottles of Chalong Bay rum waiting to be drunk (or better yet, mixed with local ingredients to create a unique, personalised cocktail).



Black Ginger



THE BEST
FINE DINING RESTAURANT
HOUSED IN A CONTEMPORARY
AYUTTHAYA-STYLE HOUSE

Black Ginger is a famous restaurant located in the luxurious 'The Slate' hotel. Décor here is inspired by the owner's former coal mining business, and is presented with a modern twist. Most hotel restaurants can be reached on foot through a hallway or lobby lounge – but not at The Slate. Instead, you'll have to jump on board a floating raft and be pulled to the dining venue which sits in the middle of a pond within the hotel. The design is in the style of contemporary Ayutthaya, adopting a striking black colour throughout a Thai-style pavilion setting. You'll be served some authentic local dishes with a modern, fine-dining touch, all of which have been created by an expert chef with over 30 years of experience.

Some of the signature dishes not to be missed are Bua Tod, or deep-fried battered shrimp served with crispy wild betel leafbush and sweet, sour and spicy sauce; shrimp chilli sauce with fried soft shell crab and freshly steamed vegetables. In fact, both of these two dishes have received praise from UNESCO as being part of 'Phuket's cultural heritage' when the island was chosen to be the first UNESCO Creative City of Gastronomy in ASEAN.

Black Ginger

At The Slate

Nai Yang Beach, 116 Moo 1, Sakhu, Thalang, Phuket 83110

Open Daily, 6.30 p.m. - 10.00 p.m.

Tel. +66 76 327 006 www.theslatephuket.com



Piak-Anongrat Meklai, an executive sous chef from Phuket. With 32 years of experience cooking Thai cuisine, this talented chef is known for her attention to detail and passion - often talks to guests trying to bring her dishes to a whole new level.





(Above) Ow -Tao, a local dish of Phuket that uses French Fine de Claire oysters (instead of the usual small ones) stir-fried with wheat and tapioca flour.

(Below) The only way to reach this unique restaurant is via a floating raft pulled across a small pond of water - mimicking the way in which people used to get from A to B in the olden days.



JW Marriott Phuket Resort & Spa



GET CLOSE TO
THE LOCAL DISHES THROUGH
YOUR OWN COOKING

This morning session in the kitchen offers you the chance to cook some of Phuket's local dishes at Ginja Taste, located at the 5-star hotel JW Marriot Resort & Spa. In fact, the cooking school and all of the hotel's restaurants try to only use local ingredients sourced within a 10-km radius of the resort. As part of the cooking class, you'll get to understand more about the true local lifestyle by sourcing each ingredient from the local market, as well as visiting nearby fishermen's village, learning how to pick out the best ingredients, and using all of your new knowledge to cook southern dishes in the most authentic way possible.

JW Marriott Phuket Resort & Spa
Ginja Cook
231 Moo 3, Mai Khao, Talang Phuket, 83110
Open Monday - Friday,
Morning Class 8.00 a.m. - 1.00 p.m. ,
Afternoon Class 3.00 p.m. - 6.00 p.m.
Tel. +66 76 338 000 ext. 3748 www.jwmarriottphuketresort.com







CASTAWAY PARADISE IN THAILAND'S ANDAMAN

Ask anybody to imagine what 'paradise' on Earth looks like, and they'd probably picture something very similar to the white-sanded beaches, crystal clear waters and tropical surroundings of Thailand's southern islands around the Andaman Sea. But this must-visit part of Thailand, which spans across the shorelines of Phuket, Krabi and Phang-nga, has more than just stunning scenery and touristy beach bars. Know where to look, and a world of rich local culture and incredible Southern Thai delicacies are waiting to be discovered – which is exactly what you'll be doing on this 2-day / 1-night 'Castaway Paradise' culinary adventure.

In true 'castaway' style, you'll be whisked across the water to a remote island that'll give you a taste of islander life; here, there's the chance to go foraging for wild ingredients and learn from the wisdom of the villagers known as 'Chao Lay'. After picking your produce under the guidance of a local expert, it's then time to try your skills cooking up some local flavours and then dine by the sea with the sound of the waves forming an idyllic backdrop.


PROGRAM :

1 DAY TRIP

DAY 1

Morning

Ao Leuk, Krabi

- Kayak through the mangrove forests and learn about the ecosystem and sustainable fishing practices
-  - Have a lunch of rice seasoned with shrimp paste and unripe mango dipped in sweet shrimp sauce
- Learn how to make shrimp paste (Kapi)
- Discover the historic paintings in the sea caves
- Learn how a 'sea grape' farm is managed and try tasting this plant which grows in the middle of the sea

Afternoon

Koh Yao Noi

- Learn how to grow 'multi-coloured lobster'

Evening

Six Senses Yao Noi

- Rest and relax
- Enjoy dinner and the evening view next to the Andaman sea

DAY 2

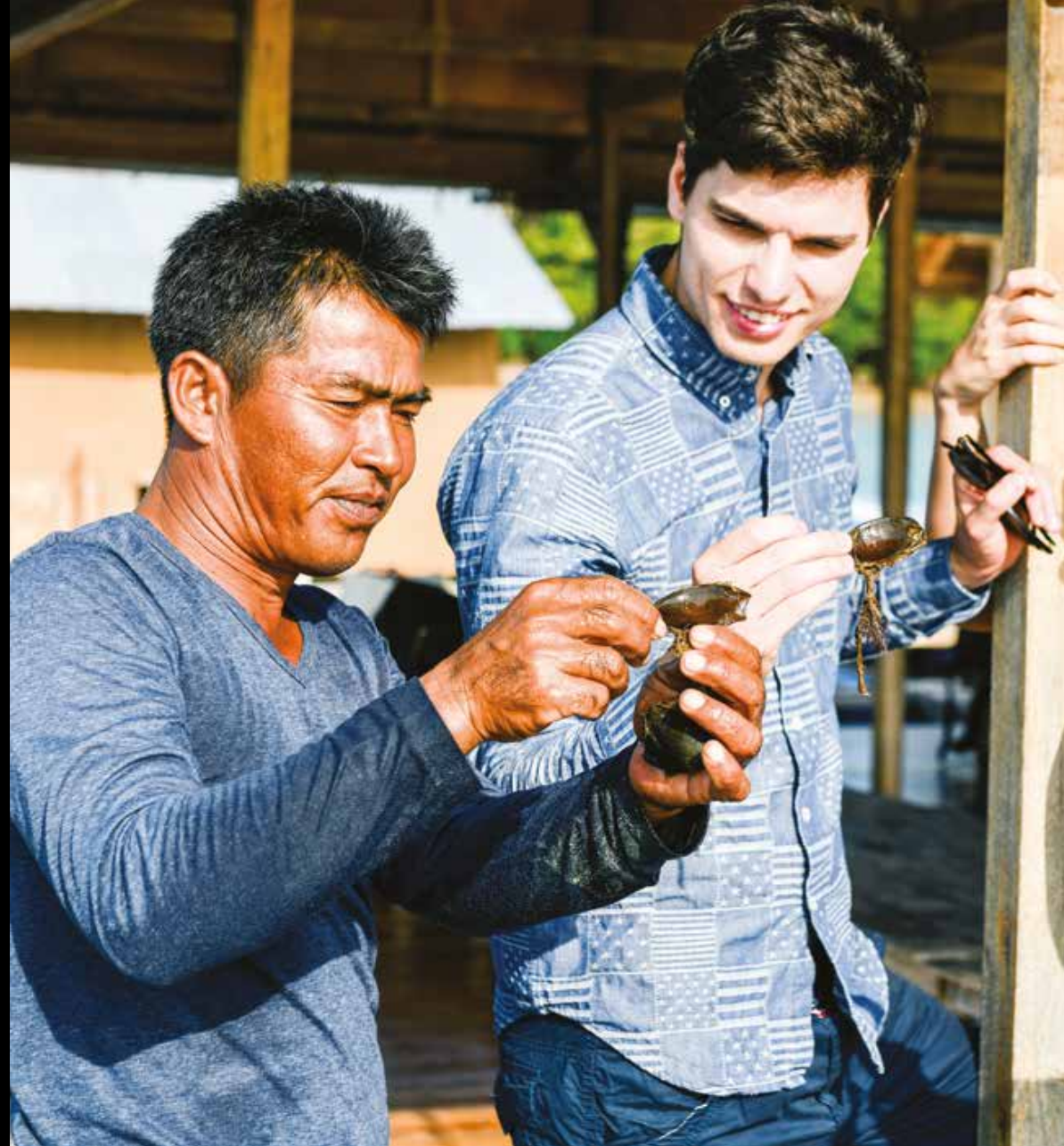
Morning

Head off on a sightseeing trip around SixSenses Yao Noi to see the hotel's organic farms

Afternoon

Learn how to cook with a Chef @ Six Senses Yao Noi and have lunch at the hotel

Travel back to Ao Por Grand Marina, Phuket



Ao Leuk, Krabi



THE TASTE OF ANDAMAN SEAFOOD

A kayak trip across the sea and through the mangroves provides a great opportunity to learn about the rich ingredients that can be found in and around these southern waters. These mangrove forests are relatively common in tropical countries, and play an integral role in maintaining coastal ecosystems, with their deep roots and trunks helping to protect the shoreline against damage from heavy waves. The trees, if deforested sparingly, can be used for construction and firewood, but most importantly, they help nurture small organisms and sea creatures such as clams, shrimps, crabs, or even worms; being at the bottom of the food chain, all of these species are essential for larger varieties include fish and wildlife to thrive in the area.

Back on dry land, and it's time to learn how to make 'Kapi' (shrimp paste) or what the Southerners call 'Koei'. The name is derived from the shrimps used to make the paste. In Southern Thai cooking, shrimp paste is used as a base for almost everything, with its rich umami flavour making each and every dish delicious.

The process for making this paste starts in a fishing boat, where you'll head out looking for these little shrimps. After a quick guide through the very long method of making Kapi, it's then time to try it in some of the local specialty dishes like rice seasoned with shrimp paste served on banana leaf. This is accompanied by unripe mango dipped in sweet shrimp sauce that has a perfect combination of sourness, sweetness and saltiness.

After lunch, you'll carry on acrossing part of the Andaman Sea until you reach a floating sea grape farm; here, you can learn all about how this rare plant is grown (and how expensive it is) as well as have a taste right there on the sea. Along your cruise, you can also see how the local fishermen find the perfect spot to catch fish, as well as pass through sea caves with historic 3,000-year-old paintings, and alongside some of the area's other iconic landmarks such as the heart-shaped mountain gorge known as 'Lek Konn' (Khao Tapu) mountain.



Ao Leuk, Krabi
19/1 Lamsak Pier, Lamsak, Ao Leuk, Krabi 81110
Tel. +66 89 997 8915



Taste delicious Thai cuisine right from where the fresh ingredients are grown.



THAI CULTURE

HOW TO MAKE KAPI (SHRIMP PASTE)

1. The first step is to find small shrimps (Koei). This is done using a 100-year-old technique that involves a net tied together with a long bamboo stick to make a scoop; when there is a neap tide, the fishermen head out to find troupes of small shrimps by the rock's edge or in ocean trenches.

2. Once caught, the shrimps are placed in the sun around 4-5 hours to dry out. Without being rinsed (to ensure proper fermentation) they are then kept under translucent light for two nights. Another 4-5-hour session underneath the hot daytime sun is then needed before the shrimps are ready!

3. Pound up the dried shrimps with salt until everything is well-mixed together.

4. The mixture is then left to ferment for two more days - only then you will get the true taste of Southern Thailand's iconic Kapi, the base ingredient for so many delicious curries and stir-fried dishes.

Koh Yao Noi



A HIDDEN TREASURE IN THE ANDAMAN SEA

One of the well-known islands in this region is Koh Yao Noi (which simply translates to 'Small Long Island'), and can be found just off the coast of Phuket and not far from other major touristic areas of Krabi and Phang-nga. This simple yet beautiful island offers a window to see the lifestyle of the mostly Islamic locals, who are blessed with an abundance of natural resources that can be used as ingredients in a number of tasty southern dishes.

The magnificent 'multi-coloured lobster', one of the most expensive and sought-after products of the Andaman Sea, is found in these waters. With its enormous size, beautiful rainbow colour and sweet taste, it's no wonder why many world-renowned chefs call this the 'foie gras of the ocean'. Normally only found

in fine-dining restaurants, this trip let you see them up close in the local's floating baskets - and you can even buy and taste one (sashimi style) right here.

Other than the local ingredients, you might also be lucky enough to see the tiger sharks, which is one of the preserved species. Their eggs are easily spot and you can see the little baby sharks swimming in it. Puffer fish and other rare species can also be found here on the island.

All in all, your experience here at Yao Noi island will be a true treasured moment you'll never forget.

Koh Yao Noi
Koh Yao Noi, Koh Yao, Phang Nga 82160
Tel. +66 81 968 0877



Six Senses Yao Noi

A PLACE OF BEAUTY
IN EVERY SENSE



After learning all about the local ingredients, it's now time to taste these amazing delicacies at the incredible Six Senses Yao Noi at dinnertime among the stars and the Andaman sea. This 5-star resort offers a once-in-a-lifetime experience for anybody who steps through its doors. As well as luxurious pool villas, the Six Senses also focuses on sustainability with its very own organic farm within the resort. In the morning, you will get to see firsthand how they grow organic mushrooms, raise goats, and check out a chicken farm where the birds listen to jazz music all day long! There are also some vegetable patches where you can collect some fresh produce to take back to the kitchen to cook with – under the guidance of an experienced chef.

Six Senses Yao Noi
56 Moo 5, Koh Yao Noi, Koh Yao, Phang Nga 82160
Tel. +66 7 641 8500 www.sixsenses.com



SURAT THANI

① ROUTE 01

WISDOM OF TAPI RIVER





THE WISDOM OF SURAT THANI'S TAPI RIVER

Thailand's southern Surat Thani province is well-known for its tropical islands located just offshore that millions of holiday-makers flock to every year. But onshore, you'll find an abundance of natural resources and attractions waiting to be discovered, from the clear lagoons and thick mangrove forests to a variety of farms and wild jungles. And feeding the area with rich nutrients, essential for keeping the ecosystem thriving, is the magnificent Tapi River.

On this two-day program, you'll cruise along the Tapi River to see the true Surat Thani lifestyle, while learning from the wisdom and culture of the locals. With the close relationship between the people and the river, which flows through the south to meet the Gulf of Thailand, this passage of water has been crucial for both wildlife and economy of this part of Thailand for centuries. As a result, a wide range of tropical ingredients can be found from the sea, river, and the mountains - you name it. It's no surprise why there are so many famous Southern Thai dishes waiting for you to try around the Tapi River and its network of canals.

PROGRAM :

2 DAYS 1 NIGHT TRIP

DAY 1

9.40 a.m.

Pick up from hotel or airport (09.00 hrs. Rajjaprabha Dam / 08.30hrs. Klong Sok / 08.00 hrs. Don Sak Pier) Set off to Phum Riang community

10.45 a.m.

Phum Riang Community

- Learn how the community preserves blue swimming crabs from the crab banks and fish homes
- Set off on a long-tail boat to observe Phum Riang's lifestyle
- See how the locals hunt for different types of shellfish and clams
- Plant a coconut tree on the deserted island of Koh Sed to help the environment
- Learn to cook shrimp paste, one of the most important ingredients in the Southern cuisine

2.45 p.m.

La Med Community

- Visit the famous Chaiya salted egg factory and see the production line
- Visit Chaiya Jasmine rice field which blossoms beautifully during the harvest season

4.00 p.m.

Check in at Rice Farm Villa and enjoy the scenery looking over the rice fields

5.30 p.m.

Sightseeing in the old city of Surat Thani

6.15 p.m.

Dine at Lee Led Community with a meal specially cooked by the locals

- Take a long-tail boat out to witness the beauty of the millions of fireflies around the Phunphin River

8.30 p.m.

Back to the hotel

DAY 2

8.30 a.m.

Pick up from hotel

9.00 a.m.

Visit Kum Nan Sak's Oyster Farm

- Learn how the farm nurtures the oysters
- Collect some fresh oysters and have a try while out at sea amongst the scenery of Ao Thai (the Gulf of Thailand)

2.00 p.m.

Arrive at Bang Bai Mai Community and experience the simplicity of the life alongside The Tapi River

- Visit Pracharat Market (opens only on Sundays)
- Get to know one of the base ingredients in Southern cooking, a type of honey vinaigrette made from mangrove palms
- Set off on a long-tail boat along the path of a canal to see the richness of the forest, and experience the local way of life along the banks of the Tapi River
- Visit a cold-pressed coconut oil factory
- Go sightseeing through the natural mangrove palm tunnel

5.00 p.m.

Back to the hotel / Surat Thani / Rajjaprabha Dam / Klong Sok / Don Sak Pier



Co-create by 

+66 2 373 8008
+66 88 008 2906
www.fridaytrip.com
pam@fridaytrip.com

Phum Rieng Community



THE HUB OF SURAT THANI INGREDIENTS

The Phum Rieng community has a long history of civilisation and trade. It was once used as a harbour town for silk commerce, but today it is famous for its blue swimming crabs - plucked fresh from the sea. The locals have gradually turned to crab fishery, and even crab shells peeling, as a means of earning an income. The crabs are then sold to distributors around the province before being turned into a number of different delicious dishes. The fishermen also help to ensure this local industry remains sustainable by setting up blue swimming crabs 'banks' which provide a nursery for these creatures to lay eggs and grow to the right size before being delivered into the sea. This method has allowed them to make a sustainable living - and will allow us to carry on enjoying these southern delicacies for many years in the future.

From the crab banks, you'll then be taken over to Koh Sed, a small island comprised of sand and clay mixed together to create a dune-like setting. As a natural nursery for baby sea creatures such as shrimp, fish, crabs and especially clams, the island is significantly important to Surat Thani. Here, you can learn about the traditional ways of fishing for a

variety of clams, including white clams, hard shell clams, lamp shells, or 'Sub Ked' clams, as the locals call it.

Do your bit to help preserve the island by helping to plant coconut trees; these increase the 'green space' on the island, offering a refuge for wildlife and protecting against rising tides. The expanding roots also help to strengthen the island and keep its sea life nursery sustainable.

After docking back at shore, you will learn how to make 'Kapi', a type of shrimp paste used as the main base ingredient for most Southern Thai dishes. In fact, you can be pretty sure that every household in this parts has a pot or jar of Kapi in the cupboard!

The standard version of this paste is made from tiny shrimps called 'Koei', but Surat Thani also produces other tasty varieties made from larger shrimps (which, of course, you can try). While learning about how to make Kapi, you'll be walked through every single step of the process; from fishing for the shrimps to drying them out in the sun, fermentation and then finally cooking some of the famous curry and stir-fry dishes of the South!



Phum Rieng Community
95/1 Moo 5, Phum Rieng, Chaiya, Surat Thani 84110
Tel. +66 92 379 3969



Savoury crab meat.



'Koei', or small shrimps, the main ingredient to make the Kapi variety of shrimp paste.

La Med Community



LEARN THE PRESERVATION METHOD OF THE DELICIOUS LOCAL DELICACY OF SURAT THANI

Surat Thani is not only about its freshly caught seafood. Here at La Med, you'll find a community famous for agriculture, specifically rice farming. With a lush green backdrop formed of miles and miles of paddies, here you'll learn all about the popular 'Chaiya' variety of jasmine rice. With a larger than normal kernel this staple food of Thais is known for its soft texture and appetising fragrance.

In these parts, where you see rice fields, a flock of ducks probably isn't too far away. That is because farmers know that ducks help get rid of weeds and pests in the field, and since everything they eat is organic, the farmers end up with free-range duck eggs – which is how Chaiya salted eggs came about. The preservation method needed to create these bold-flavoured eggs is quite specific, the eggs are covered with a layer of clay and paddy husk ashes (whereas other places simply pickle them in salt water). This technique allows Chaiya salted eggs to become different in both texture and taste, making it one of the all-time favourite delicacies of Surat Thani province.

La Med Community
Moo 5, La Med, Chaiya, Surat Thani 84110
Tel. +66 90 703 4307



Lee Led Community



A GROCERY STORE,
FRESH FROM THE NATURE

With its seaside location and network of canals, Lee Led community is incredibly biologically diverse, with a thriving ecosystem that allows countless different plants and animals to live both in the sea and fresh water. Think of a visit here to Lee Led as a trip to visit a vast outdoor grocery store - where all of the ingredients you see are rich in nutrition and 100% organic!

Lamphu trees (Mangrove apple trees), which provide a sanctuary for the region's fireflies, are easy to spot. And when the sun starts to set, it's time to take a cruise through the series of interlinked canals, enjoying the glistening reflection across the water and tropical Nypa palm trees on either side. As dusk begins to fall, the flickering lights of the millions of fireflies will start to emerge – making your evening in this remote part of Surat Thani an unforgettable one.

Lee Led Community
109 Moo 5, Lee Led, Phunphin, Surat Thani 84130
Tel. +66 65 789 2826 www.cbt-i.or.th



'Kanom Jak', a sweet snack made with black sticky rice flour covered with nypa palm leaves, and grilled. Enjoy it as a delicious snack, or take it home as a souvenir.



THAI CULTURE

THE BEST OF TURMERIC

Turmeric is an important ingredient in Thai cooking. It is used in many traditional dishes with its aromatic scent and yellow colour. Some studies have also suggested that turmeric can help prevent cancer, as well as decrease inflammation and detox our system. 'Dang Siam' is a variety of turmeric from Ban Ta Khun, Surat Thani, and some people believe it is one of the finest types in the world.

Tests have proven that Dang Siam turmeric contains high levels of curcumin, a naturally-occurring chemical with a range of medicinal benefits. Normal turmeric has a 'curcuminoid' level of around 4-5, whereas this local type comes in at 10, a result of the quality soil that is rich in nutrients and no pesticides use.



Kum Nan Sak's Oyster Farm

TASTE THE FRESHEST OYSTERS YOU CAN'T IMAGINE

Just like premium coffee beans or fine wine, the distinct taste of quality oysters should also depend on the location from which they are sourced. Kum Nan Sak's oyster farm within Surat Thani's 'Kanchanadid' community is no different. Here, the water is more brackish, which means the soil is of higher quality as it retains essential minerals. As a result, the oysters you'll find here are tender, soft, sweet, and much bigger than other varieties in Thailand. Smaller oysters are often fried or put into omelettes, but Kum Nan Sak's are perfect for eating raw - straight from the shell or with a little bit of garnish. As part of this trip, you'll discover how this farm keeps and catches the oysters, and, most importantly, try a few for taste.

Kum Nan Sak's Oyster Farm
78 Moo 3, Tha Thong Mai, Kanchanadid, Surat Thani 84160
Tel. +66 89 867 4363



'Khanam' is a type of temporary shelter in the middle of the sea for fishermen to keep an eye on their oysters or cockles.



THAI CULTURE

HOW TO EAT OYSTERS, THAI WAY.

In Thailand, raw oysters are usually served with acacia, a type of green shrub. The amino acid in the acacia, when consumed in small amounts, helps to turn the carbohydrate in the oyster into sugar, thus producing a sweeter taste. For some added texture, you can top it off with a little bit of deep-fried garlic, or a dab of spicy seafood sauce for an extra kick.

Bang Bai Mai Community



FLOAT TO DISCOVER THE TRADITIONAL FOODS ALONG A HUNDRED CANALS AROUND BANG BAI MAI

Surrounded by hundreds of small canals, a visit to Bang Bai Mai Community will take you back to a time when locals got around mainly by boat (rather than car), and commerce centered around lively floating markets on the water (rather than air-conditioned shopping malls).

Your trip starts at Bang Bai Mai Pracharat floating market, a hub of fresh ingredients and local food which are cooked and prepared using age-old techniques. As you arrive, you can see many of the traditional food processing methods being carried out; for example, nypa palm leaves and fruits are very easy to find, with each and every part can be used for many different things, such as wrapping up Thai snacks, being boiled in syrup (to create a dessert), fermented to make vinaigrette, or simmered to create nypa palm honey. Thanks to the local's no-waste policy, plus their often complicated methods of production, all

of the food here is unique and hard to find anywhere - outside Bang Bai Mai Pracharat floating market, that is.

After browsing through the market, it's back onto the boat for more sightseeing along the network canals. As you go, soak up the rich, natural surroundings, witness the locals going about their everyday lives, and pass through the spooky nypa palm tunnel, which has been formed by the flexible palms bending sideways to create a green roof above your head.

A final stop is scheduled at Uncle Song's house, where you can see how the locals process coconuts into other products at his on-site factory. Some of the products they make include coconut oil, soap, shampoo, cream and lotion – a great example of how Surat Thani locals bring out the best quality of the natural products available to them.



Bang Bai Mai Community
Bang Bai Mai, Muang Surat Thani, Surat Thani 84000
Tel. +66 8 1607 4935, +66 7 729 2903



Venture through the nypa palm tunnel, formed by the flexible palms bending sideways to create a green roof above your head as you float along the canal.



Coconut tree and snacks produced from coconut flesh.



Nypa palm sugar workshop.

Taste the delicious flavours that the locals offer every Sunday at Pracharat Floating Market.





8

BEST SELLING TRIPS

We've selected these 8 tasty trips from only the best tour operators in Bangkok. Each one provides an exciting introduction to Thailand's diverse food scene, leaving you hungry to follow the country's world-famous gastronomic trail even further.

01 A Day As A Royal Chef

Kudichin Community,
Bangkok

ONE DAY TRIP :
9.00 A.M. – 3.00 P.M.



Bangkok's Kudееjeen neighborhood presents a vibrant mix of different beliefs and religions, including Buddhism, Islam and Christianity. The first settlers to this community were from Portugal, who brought with them European-style architecture (which can be seen in many of Kudееjeen's buildings), as well as new language and food. The local area is most famous for its 'Kanom Farang Kudееjeen' a type of Portuguese cupcake, which is simply a must-try snack. You'll visit 'Kuan An Keng', a 200-year-old Chinese shrine, have lunch at Ms. Tan's house, where traditional Kudееjeen royal cuisine and Thai-Portuguese dishes are served, discover the art of royal Thai dessert-making, learn more about the fascinating history of Kudееjeen at the nearby Baan Kudichin Museum and 'Chantana-rarp Thai House', a traditional wooden home built over 100 years ago.

by  local alike

localalike.com

02 A Day As A Fisherman

San Tor Community,
Bangkok

ONE DAY TRIP :
9.00 A.M. – 3.00 P.M.



Situated in Bangkok's southern 'Bang Khun Thian' district (the only part of the capital having a seafront), the small village of San Tor is the place to come to see local fishermen in action. Learn how - and what they catch, as well as how their fishing techniques have changed over the years. You'll be taking 'Songtaew' style taxi in the morning and discovering the method to tie dyeing fabrics with colors extracted from local Taboon plants. You'll explore the nearby mangrove forests with a guide who'll explain the forest's importance to the local ecosystem. There's also time to collect some fresh cockles, enjoy a local seafood lunch and be back in Bangkok before dark!

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localalike.com

03 Neighborhood Street Food Tour

Talad Phlu,
Bangkok

HALF DAY TRIP :

4.00 P.M. – 7.00 P.M.

(Available on Tuesday - Sunday)



For the best of Bangkok's street food, most travel guides will point you to the city's Chinatown neighborhood. However, for a taste of more authentic Thai street food (and not so much Thai-Chinese dishes), we've got a much better - and less crowded suggestion: Talad Phlu!

Located on the western side of the Chao Phraya River in Thonburi, this tour takes you through this fascinating market, with a local guide on hand to show you all of the best things to eat (and how to pronounce their names!) Look out for crispy fried noodles, grilled pork, tom yum soup, traditional Thai desserts and refreshing iced tea or coffee. After crossing the river on the ferry, there is also time to soak up some culture at Wat Intharam temple and take a tour of the local neighborhood. You'll really notice that the quaint Thonburi neighborhood offers a much slower pace of life compared to the hustle and bustle on the other side of the river, which you'll be returning to in the afternoon once the tour is over.



by SiamRise

www.siamrisetravel.com

04 Street Food Tour by Night

Chinatown,
Bangkok

HALF DAY TRIP :

6.30 P.M. – 9.30 P.M.

(Available on Tuesday - Sunday)



Bangkok's famous Chinatown, locally known as Yaowarat, has long been the go-to spot for both tourists and locals hungry for a nighttime fix of tasty street food. It's hot, busy and you might struggle to find a seat at some restaurants - but a visit to this iconic road is simply a must for any foodie wanting to experience the best of Bangkok.

As well as the crowded restaurants and street-side stalls, one problem you may be faced with in Chinatown is knowing exactly what, and how much, to order. Luckily, our local guide will be there to help point out the best dishes for you and your group to share, taking you to several recommended street food stalls over the course of the evening (so best come with an empty stomach).

After dinner, the Chinatown tour continues with a quick tuk-tuk ride under the iconic neon lights of Yaowarat towards the river; here, you can cool down at a stunning riverside bar with a couple of cold beers to cap off the night.



by SiamRise

www.siamrisetravel.com

05 Bangkok City Immersion

Phra Nakhon District,
Bangkok

ONE DAY TRIP :
1.00 P.M. – 6.30 P.M.



Some parts of Bangkok may seem a little gray, hectic and commercialised at times, especially if you're based in the busy central business district. However, once you head over to the capital's 'Old Town' (also known locally as Rattanakosin) you'll soon discover a completely new side of Bangkok you never knew. The first activity involves a short walk up the spiral staircase to reach the stunning Golden Mount of Wat Saket Temple (there are some great views at the top) and then it's back down for a tuk-tuk excursion to many other nearby attractions and landmarks. On the way, stop off for some refreshments like mango sticky rice and coconut ice cream. Next up is the iconic Grand Palace, the most famous landmark not only in this neighborhood - but also the whole of Thailand. By now, the sun will be starting to go down, which means fewer crowds; this makes a visit to Wat Pho (next to the Grand Palace) ideal, and inside you'll be able to see the temple's enormous golden reclining Buddha. You'll finish the day at one of our recommended restaurants, such as the riverside Chakrabongse Villas, or take a dinner cruise along the Chao Phraya River.

by **BlackRice** TRAVEL www.blackricetravel.com

06 Authentic Culinary Charms of Chiang Mai

Chiang Mai

HALF DAY TRIP :
6.00 A.M. – 2.30 P.M.



Set your alarm clock for an early morning rise, ready for an action-packed day of exploring the mountains, markets and cuisine of Chiang Mai. To bring some luck to your day, take part in an early almsgiving ceremony, stopping first at a local market to pick up some food to give as offerings to the monks. You'll then hit the winding road that snakes its way up Doi Suthep mountain. Take the short, steep climb up to enjoy a local-style picnic breakfast at the top of the mountain and see the temple before the crowds arrive. Back down at street level, you'll visit the home of a local family who settled in this area several decades ago. Admire the architecture of their Thai teak wood house and experience their traditional culture and way of life in the Lanna countryside. Take a stroll in the family's orchard where they grow many kinds of herbs, vegetables and tropical fruits. Pick fresh ingredients from the garden, then join your hosts in the kitchen to learn how to cook your own authentic lunch full of northern Thai flavors.

by **BlackRice** TRAVEL www.blackricetravel.com

07

Food & Ride The UNESCO World Heritage Centre

Ayutthaya

ONE DAY TRIP :
8.00 A.M. – 5.30 P.M.



This sightseeing and food tour takes you to Ayutthaya, ancient Siam's old capital. From Bangkok, the temples and historic architecture of Ayutthaya can be easily reached; once you arrive, you'll be getting around either via bike or tuk-tuk, two of the best ways to see everything this incredible city has to offer. You'll be visiting all of the popular spots including Wat Yai Chai Mongkhon, Wat Mahathat, Wat Phra Sri Sanphet, Wat Lokayasutharam and the Ayutthaya Elephant Palace & Royal Kraal. Aside from historical temple hopping, there's also time to take a boat tour along the river and try some of the city's most famous seafood dishes and desserts. You'll be enjoying a traditional Ayutthaya lunch with the chance to make your own 'Roti Sai Mai' - one of the most famous sweet treats from the city, and finally get a caffeine fix at the local café & bistro named "Baan Kao Nhom"



www.fridaytrip.com

08

Discover Lee Led Village

Lee Led Community,
Surat Thani

ONE DAY TRIP : 9.00 A.M. – 2.00 P.M.
HALF DAY: 5 HOURS



Thailand's southern Surat Thani province has more to offer than just the offshore tropical islands of Koh Samui and co. This tour takes you to see the best sights of the city center, as well as the remote seaside community of Lee Led - a great place to learn about the local fishing lifestyle of the people who call this place home.

Start the tour with a boat trip along the Phunphin River to reach Lee Led village, before taking part in some fun cooking classes where you'll try making the local specialty of sweet shrimp paste. This food-centric tour also offers the chance to try some jumbo river prawns and other tasty seafood, as well as learn about the community's many organic veggies and fruits. After a filling lunch, head back into the city for a spot of sightseeing; the tour takes you to some of Surat Thani's standout attractions like the Old Town area, City Pillar Shrine, Ko Lamphu, Tapi River and more. Cool down in the afternoon with some Thai coconut ice cream with egg yolk before heading back to your hotel or airport in the afternoon.



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