



CREATIVE
TOURISM
DISTRICT
THAILAND
Nam

Adventure

*More Travel,
More Fun,
Lasting Friendships*

Adventure

The vigor and liveliness from the purity and serenity of the unadulterated and mostly uncharted nature will open a new page to life where you will learn that conquering challenging goals and overcoming your own limits is the greatest trophy to will bring you pride, and yet you will still get astounding sceneries and lungful of clean air as tokens.

Only 58 kilometers away form Nan city, there's a small Tambon named after the Muap River that flows through it, once called Dok Kham Buap Village of Tai Lue people. In it hide many adventurous places with challenging geographical coordinates where you can find pristine and fresh forests, mountains, caves, streams. But before we embark on our adventure, let's go to over hundred-year old Daen Thong Buddha's relic to pay respect first. It's in perfect condition since it's just got renovated in 1998. From above, you can look down at the surrounding scenery suitable to just sit there and

enjoy your time. We will kicks things up a bit and call for more excitement by heading to Sali Village to explore Sali cave that Mr. Boy, the president of Nam Muab Lovers Group, volunteered to act as the guide. To get there, we will have to alight from the van and board to 'e-taen' or farm tractor, then ascend on foot to Phop Chok Buddha's relic. Sections of the route will require moving along cliff and cave edges for some thrills. We will walk through about 7 to 8 caves up to the end some climbing skills would be required. You will be thrilled how high it was! But I guarantee the what you will see from atop the relic will be eye-catching. You will be able to see rice fields, crop plantations, and as far as Luang Phra Bang mountain range, Doi Samoe Dao, and Chu cliff!



"Daen Thong Bhudda's relics"



From a cliff this high, there's no way anything is going to block your line of vision. On our way back from atop the relic, this time we will stop by to view the caves. The ones available for public at this time is Phra cave, which is over 60-meter long, installed with 171-step metal staircase, so steep you will have to pay attention to your every step. As you enter the cave, you will meet with a colony of over ten thousand bats residing in the cave. The adventurous atmosphere will remind you of a hidden treasure expedition in Indiana Jones.



"Nam Wa Rafting"



"Phop Chok Buddha's relics"



"test your courage at Nam Wa Rafting"

After getting impressed with all your five senses, we will descend to energize ourselves with a missive set of lunch that Nam Muap community would prepare for us. The climax of the afternoon program will be Nam Wa rafting, which rafting experts dubbed as one of the five most exhilarating in Asia. If you've rafted in Nakhon Nayok or Prachin Buri before, those are considered for kids. Prepare yourself with lifejacket, helmet, and waterproof bag, then you can get going! Water droplets will splash so much it will make you think of the atmosphere of bamboo foraging on a raft of the local hunters in the past. You are guaranteed to get wet, aroused, sudden sinking and surfacing! Yes, this is it, the flavor of true rafting. 4 to 5 hours will fly by like an arrow. When you realize, you will be reaching the end of the course, with your arms so sore you want to immediately get massaged.



The adrenaline released in the afternoon called for larger portions of food than normal. I'm not sure whether it was because of the tiredness or the freshness of the 'khan tok' meal the Nam Muap community prepared to greet us in 'Bai Si Su Khwan' ceremony, that we cleaned all the plates that once hold dishes like 'kaeng ho,' 'lab mu mi,' or especially grilled 'takrai' mushroom fresher than I had ever tried before. Nam Muap is known for its abundance of natural ingredients, having something to offer in every season. Just a few steps of into the forest will send you back with handfuls of stuff.

In addition to food, the village seniors will play us the calm and soothing music with traditional instruments like 'salo,' 'so,' and 'pin,' and the cheerful village children will give us a performance. The most impressive is when the village elderly bind our wrists with threads and greet and bless us as if we were really their children. Their voices were so gentle and friendly, I really wanted to become part of the Nam Muap village family.



"calm and soothing music with traditional instruments like 'salo,' 'so,' and 'pin,'"



"Trekking and foraging"

We will fill ourselves up with breakfast in the morning, then it will be time to experience the life of a hunter. Stock up drinking water and wear protective clothing, and Mr. Boy will lead us to the forest to forage for wild ingredients to cook. Good things I wore slip-resistant shoes so I made it all the way through. I just realized that forest has even more food to offer than a supermarket. You could find edible ingredients everywhere, even under the leaves or glasses and near tree roots. Mr. Boy told us to look under leafy shrubs if we wanted to collect 'dan' or 'takrai' mushrooms the we fell in love with the previous day. As we proceeded a little deeper, we found a bamboo jungle with young and sweet bamboo shoots just right for cooking, so we stopped by to dig a few up before heading forward. There will be even more mushrooms along the way, like 'rangok,' 'daeng,' and 'kha' mushrooms, for you to pick, but if you were not there by yourself, you wouldn't stand a chance getting to eat them, since a hunter's instinct would be required to distinguished edible and toxic ones. Random picking is a no-no. Once we have left the forest, now we will get to take the role of fishermen, which we will fish by 'yok yo,' which is a fishing method using





"Yo Yo fishing"

the device called 'yo' that is a net with square holes strapped onto bamboo stalks, which you throw into the water to use and lift up to fish. However, no matter how much I lifted, I only got more tired, and to no avail not a single fish caught, unlike the Nam Muap people who caught something every time they threw. It must be skills.



"Your local guru will teach you how to choose edible mushroom "



Even though you may not be the one who caught the fish, you will still get to be a chef assistant for the signature dishes, 'kaeng no mai,' 'nam prik kha' along with the mushrooms, and huge 'yisok' fish that got caught from 'yok yo' just before, now it was just lying there sending out irresistible smell. I have to admit I had never any fresher fish before. I wouldn't trade this natural freshness for anything. We had to sadly end this lunch, but we felt all our energy were spent wisely these past two days that we could consume more and sleep more soundly. So this is a simple life with meaningful to the very second.



Contacts for tourism:

Mr. Boy – Tel: 081 691 5962



Best time to travel:

All year round. However, during rainy season mushrooms would be plenty and sweet bamboo shoots would be available, but the path ascending towards the mountain to pay respect to the Buddha's relic could be slippery. Nam Wa rafting is actually available through the year, but the difficulty depends on the season. Rainy season is the most difficult due to the current, while winter and summer would be easier.

Directions:



From Amphoe Wiang Sa, take the Sa - Nam Muap rural road for 37 kilometers



Target audience:

Adventurous tourists who love facing challenges, conquering goals, and excitements, being the first to see new things and discovering new places, the feeling of adventures, foraging, and seeking for new life experiences.



Trivia:

Nam Muap is a highland area partially made up of plains with three rivers, Muap, Pi, and Sali, flowing through, making it a plentiful region through the entire year.



"Mushroom hunting activity"



"catching crabs to make nam pu"



Preparations:

For trekking: Safe attire, sneakers, long socks against leeches, and mosquito repellents.
For rafting: Safe attire, slip-resistant shoes, and waterproof gears

Values and impressions gained:



You will get to challenge your potentials and learn to put in efforts to proudly accomplish every little achievement.

Activities with local communities:



- Sali cave
- Nam Wa rafting
- Trekking and foraging
- 'Yok yo' fishing





Tourist attractions:

- Daen Thong Buddha's relics: A must-go, since you don't only get to pay respect and enhance your fortune, you also get an aerial scenery, experience interesting cultures like dance rehearsal, basketworks, and also local spa where you can relax and purchase locally made quality herbal products.
- Sali cave: Nan's unseen attraction that holds both beauty and challenges for visitors to experience. Inside there are bat colonies, scenic spots, and short trekking routes.



Souvenirs and must-haves:

- 'Brake taek' banana chips
- 'Nam pu'
- 'Khao lam chaeng'
- Basketworks and bamboo cups
- Shampoos, herbal dabbers, balms, massage oils, Sao Nam Muap boxing oils



"Daen Thong Bhudda's relics"



"Banana Chips"



"Trekking to Sali cave"

Accommodations:

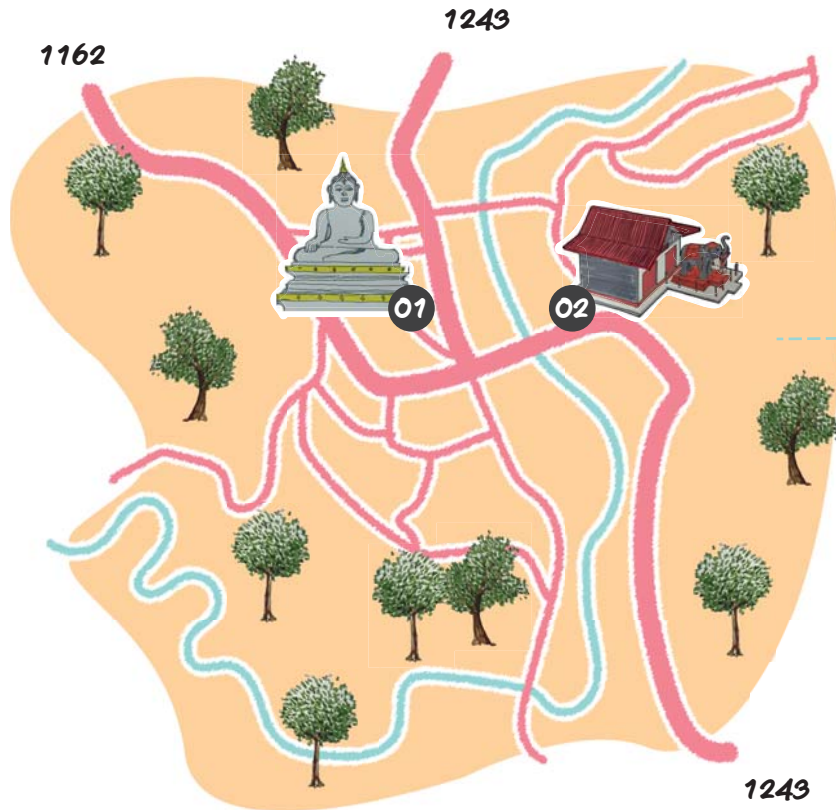


- Ban Nam Muap Homestay

"Ban Nam
Muap Homestay"

Day 1

We will arrive Nam Muap in the morning, and first go to Daen Thong Buddha's relics to view beautiful scenery, and then pay respect to Chao Pho Chang Nga Daeng shrine to pray for safe travel. Next, we will head for the adventure at Sali cave where we will walk and climb cliff to pay respect to Pop Chok Buddha's relics, then explore the cave to see the bat colony. After lunch, we will finish our day with the impressive 'Bai Si Su Khwan' ceremony.



Ban Nam Muap

We will wake up early, have breakfast, prepare some food and drinks, then set out to trek the forest and forage for mushrooms, dig bamboo shoots, and look for other wild ingredients for cooking. After that, we will trap fish with 'yok yo,' before returning to town to cook and eat with the community. Then, it will collect all these fun and impressive moments back home.

Day 2

- 01 *Daen Thong Buddha's relics*
- 02 *Chao Pho Chang Nga Daeng*
- 03 *Viewpoint*
- 04 *Sali cave*
- 05 *Phop Chok Buddha's relics*
- 06 *Nam Na Rafting*
- 07 *Doi Smoe Dao*





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