



CREATIVE  
TOURISM  
DISTRICT  
THAILAND  
*Nan*

*Green*

# More Travel, More Fun, Lasting Friendships

## Green

Even though globalization and technology provide comfort to our lives, but up to a point you may have to turn back and ask yourself what the value and meaning of a long-lasting life are. By bringing yourself to experience the simple life amidst nature in the style of Na Sao and Sila Phet People, you will understand how organic agriculture is not only good to our body because of it's contaminant-free, but to mental health in the long term as well.

The record of this trip begins at Wat Ban Na Sao Samakhi Museum within the Na Sao Temple ground, so you could get to learn the background of Tambon Na Sao, which has been established for over 50 years. The daily life of Na Sao farmers, whose main occupation is to grow rice produces, is intertwined with the surrounding nature. The single first Riceberry plant was grown here has now been disseminated into a prominent cultivar. Besides rice that is a staple, Na Sao is as abundant in meat, fruit, and vegetable.



"Wat Ban Na Sao Samakhi Museum"

Let's meet 'Ms. Wassana and Mr. Wiwat' the community sage who will share their lifestyles with us. The lunch we made and ate together at the Tambon Na Sao's Sufficiency Economy Philosophy and New Theory of Agriculture Learning Center is a great example. The signature dish we were making was 'kaeng yuak kai,' whose ingredients were all gathered from the vicinity. Only the banana plants whose leaves hadn't sprouted yet can be used for their stalks. Chicken was sourced from the coop in the backyard. Vegetable collected from around the house. 'Marum' leaves were a necessity as they act as a substitute to MSG, adding another level of flavor that you would have to slurp the soup. After the savory dishes, besides the unlimited freshly cut passion fruits, they also served us with steamed

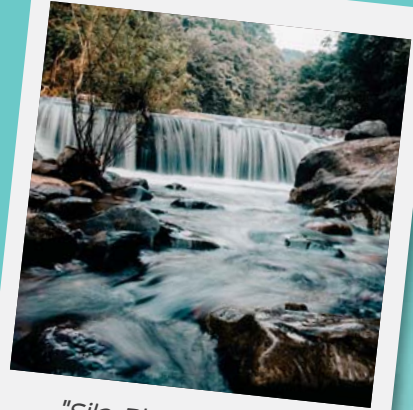
banana and topped with grate coconut, whose bananas came from the same plant used for 'kang yuak,' making this an efficient use of resources. The meal ended with a dessert wrapped in banana leaf similar to 'kanom thian' called 'kanom niab.' The difference between the two is that filling is not savory but sweet made from caramelized coconut. Knowing that the one who filled the filling and



wrapped it with banana leaf was myself made it even more delicious, and making myself even more proud. Ms. Wassana and Mr. Wiwat, the hostess and the host, then took us on a stroll in their extensive backyard comparted into areas with chicken coops, pig pens, rubber plantation, coffee plantation, sugar apple orchard, soursop orchard, red ginger plants emitting aromas that would remind you of imported pears, and gigantic sour yet drenching limes, with something to eat all year round according to their seasonality.



From Na Sao, we continued to Sila Phet, the land that is considered to be the earliest origin of Nan, the lives of whose residents is inseparable from the Yang River, whose name derived from a bygone city called 'Lang.' Sila Phet is the river source that flow down a waterfall with cool and refreshing water with the same name, giving rise to natural abundance along its course. We will lay down for the night at Sila Phet Homestay, Pa Tong Village. After that we will embark in the morning on bicycles to explore the community, filling your lungs with fresh air, cycling past sceneries of rice paddys and organic farms tracing along the river. The agricultural practice in the entire Sila Phet are is absolutely chemical-free. Whether it



*"Sila Phet waterfall"*



*"Sila Phet cycling route"*

be rice or vegetable, all are grown 100% organically. As winter approaches, fruit and vegetable will become very plentiful, including Chinese kale, bok choy, cauliflower, cabbage, broccoli, cucumber, avocado, lychee, longan, rambutan, making cycling to the rice paddy and vegetable garden such a pleasant thing to do. To test for its freshness, purity, and chemical-free quality as claimed, our lunch was laid with bunches of fresh vegetable handpicked by ourselves, accompanied by 'nam prik makhwaen' whose ingredient as a Northern herb with a unique aroma and



*"You will experience the real freshness here at Sila Phet"*







*"Water, the source of life,  
it is where the way of life began."*

ground crabs net-caught from rice paddy ridges. Before returning, we made 'khao khuab' or, in a more familiar term, 'khao taen,' and 'khao Khaeb,' which are large thin sheets of rice roasted on a fire till crisp. We bought some as souvenirs, and then headed towards Amphoe Pua, where we stopped by to admire an impressive scenery of Phuket Temple. At the end of our trip, unless we drink refreshing iced coffee at Tai Lue Café in the middle of a relaxing rice field, you won't be satisfied to head back home, freed of any worries that you have missed out on anything.



*"The abundance of the river"*



### *Best time to travel:*

July is the time for you to learn about culturing and implanting rice seedlings with the community, but if you want to harvest the rice in the golden rice paddy, it will have to be November. During winter from December to January, the vegetable in the farm will be elegantly green.



*"Learn how to make rice cake"*

### *Contacts for tourism:*



Na Sao, Ms. Wassana – Tel: 089 829 9659  
Sila Phet, Village Leader Sokiatt – Tel: 081 029 2007

### *Directions:*



From Amphoe Muang, take the road straight to Na Sao for 14.6 kilometers, then head north in the opposite direction on Pua Nam Yao Road towards Sila Phet via Amphoe Pua, approximately 12 kilometers away from the District Office.





## Target audience:

Family that would like to cultivate their children with a lifestyle connected to nature, travelers who prefer simple and happy unadulterated life, those who wish to try out new experiences under His Majesty the King's philosophy of sufficiency lifestyle, be more intimated with nature, and interested in agricultural activities, including rice farming, growing vegetable, and raising animals.



## Preparations:

Prepare hat and long-sleeved shirts for activities in the rice paddy, along with cool props and bright clothing to take photos in the expanse of rice paddy.



## Trivia:

Na Sao is surrounded by mountains with 43% of the total area being flat plain with many brooks flowing through the region. The weather is very hot during summer and very cold during winter. Sila Phet is located on a plain adjacent to Doi Phu Kha foothill. The majority of the population is of Tai Lue descents, working in agriculture and handcraft sectors.

## Values and impressions gained:



You will learn about the model lifestyle under the sufficiency economy in which people can truly rely on themselves and can also share with the community. You will discover natural peace and appreciate the definition of life and long-lasting happiness.



"Catching crabs for nampu"



"Organic fresh vegetable"



"Tai Lue Cafe"







## Activities with local communities:

Learning how to farm in the rice paddy, picking organic vegetable, cooking with local residents, picking fresh vegetable from the market, catching rice paddy crabs to make ground crabs, making khao khuab and khao khaeb.



## Tourist attractions:

- Wat Ban Na Sao Samakki Museum
- Tambon Na Sao's Sufficiency Economy Philosophy and New Theory of Agriculture Learning Center
- Sila Phet Waterfall
- Phuket Temple
- Tai Lue Café



## Souvenirs and must-haves:

- Ta kong fabric
- Ms. Pen's 'khao lam'



"Wat Ban Na Sao Samakki Museum"



"Na Sao way of life"



## Accommodation:



Sila Phet Homestay Ban Pa Tong and Mueang Yang Homestay surrounded by rice paddies and river flowing from Sila Phet waterfall. Simple but warmth with kindness and meals, especially 'khan tok,' prepared by the owner. Other dishes include 'nam prik makhwaen,' 'yam phak kud,' 'kaeng khae kai ban,' and 'lab mu khua.'

# Day 1

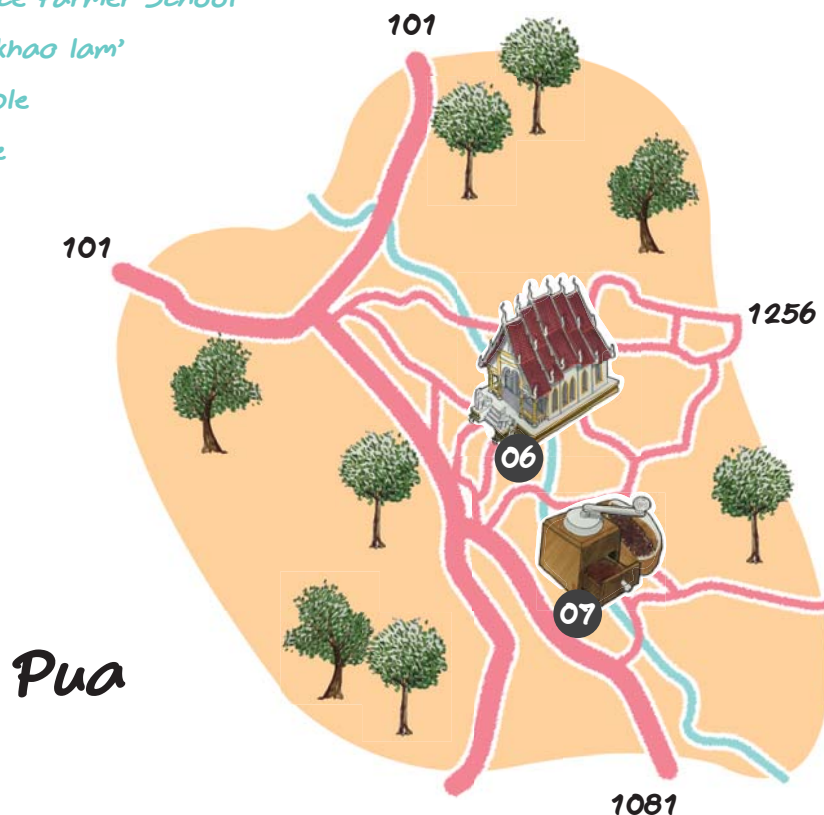
We will arrive at Tambon Na Sao in the morning, then head to the rice paddies to get morning sunlight. Next, we will learn about the origin and history of the community at Wat Ban Na Sao Samakki Museum, and join other activities like picking vegetable, fruit, and herb in the backyard, which is abundant with rubber, coffee, sugar apple, soursop, red ginger, lime. We can also collect the eggs from the chicken coops. We will the cook local dishes for lunch with the local housewives at Tambon Na Sao's Sufficiency Economy Philosophy and New Theory of Agriculture Learning Center. After we sated our appetite, we will head towards Tambon Sila Phet and relax our mind and freshen up at Sila Phet waterfall, checking in at our accommodation at Sila Phet Homestay Ban Pa Tong or Mueang Yang Homestay surrounded by nature.



We will wake up early in the morning to cycle to Sila Pon community's morning market. Among the rice paddies and vegetable garden, you can inhale the fresh air. After breakfast, we will pick vegetable and catch crabs along the rice field ridges to make ground crabs, and cook together with the local housewives to make signature dishes like ground crabs and 'nak prik makwaen.' Before leaving Sila Phet, we will drop by to taste 'khao khuab,' 'khao khaeb' and local specialties Ms. Pen's 'khao lam,' which is not sold anywhere else and has to be reserved in advance otherwise it's always sold out. Traveling from Sila Phet via Pua, we will view the beautiful scenery of Phuket Temple, and we will end our trip with a by enjoying iced coffee in a laidback atmosphere at Tai Lue Café in the middle of a rice field.

Day 2

- 04 Sila Phet Rice Farmer School
- 05 Ms. Pen's 'khao lam'
- 06 Phuket Temple
- 07 Tai Lue Cafe





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