

# 20

## Low Carbon Travel Routes

"HERO LOW CARBON"





# 20 Low Carbon *Travel Routes*

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We often wonder about and question whether "traveling" can contribute to the enrichment of the environment and its ecosystems. If we define traveling as an act of departing from one place and heading to another, for whatever reasons or purposes, such as leisure, learning, gaining new experiences, or discovering inspirations for our lives, a "new" trip in this age of COVID-19 may be a great opportunity for us to travel throughout Thailand. As we explore and discover new beauties of life by taking tours, experiencing the culture, and immersing ourselves in abundant natural resources, we will also aim to reduce our negative impacts and produce positive impacts. To ensure sustainability for the environment, the "20 Low Carbon Travel Routes" of environmental conservation throughout Thailand and associated tourist activities were designed with the principles of Low Carbon Tourism in mind, allowing travelers to easily become "heroes" on every trip. Let's rehabilitate and conserve the environment during our joyful trips through diverse destinations with 5 types of Low Carbon Tourism: Slow Life, Gastronomy, History, Adventure, and Wellness.

Your travel experience will never be the same, because apart from awakening our "heroic" sense in terms of environmental conservation and responsible tourism, we will also become part of the efforts to stimulate the economy and build sustainable happiness.

# Table of Contents

**05**

---

Principles for low carbon tourism

**08**

---

Carbon offset

**11**

---

Which Type of Hero Low Carbon are you?

**26**

---

Gastronomy

**54**

---

History

**04**

---

The "HERO" Tourism Concept

**07**

---

Low Carbon : How do we measure the result of Low Carbon tourism?

**09**

---

20 Low Carbon Travel Routes's Guidelines

**12**

---

Adventure

**40**

---

Slow Life

**68**

---

Wellness

# The "HERO" Tourism Concept

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## Healthy

An up-to-date concept of traveling in which the focus is on the traveler's health, safety, and hygiene regarding the trip itself, the activities involved, and on the food.

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## Enjoy activities

Traveling is a great way to have fun and relax. It is also a way to learn more about Low Carbon Tourism and effectively exchange the traveler's experiences with those of resource owners.

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## Responsibility

Create inspiring activities aiming to foster a sense of collective responsibility regarding the environment, and return value to society throughout the journey.

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## Overcome

Meet the targets of Low Carbon Tourism by restoring nature's balance and stimulating the country's economy through traveling.

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# Awakening Your **HEROIC**

Sense with Low Carbon Tourism

## HERO

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Let's awaken our "heroic" sense with Low Carbon Tourism to help the tourism sector recover from the COVID-19 pandemic, restore growth to the Thai economy and make a positive impact on the environment. The 20 Low Carbon travel routes are based on the principle of "Low Carbon Tourism", focusing on

being environmentally friendly, minimizing our damages to the environment, and reducing as much as possible the greenhouse gases generated by our travel activities. Doing all of these, however, does not mean we have to compromise on the fun, happiness, and safety of our trips.



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The Low Carbon Tourism principle entails travel activities that limit the use of electrical and fossil fuel energy, emphasize renewable energy, use products made from natural or biodegradable materials in order to reduce the volume of garbage, and consume food in moderate amounts to reduce food waste. The key aims are to lower the amount of greenhouse gases released into the atmosphere and to minimize our environmental impact.





## How Can We Measure the Results of **Low Carbon Tourism**?

To measure the results of Low Carbon Tourism, we measure the amount of greenhouse gases generated from tourist activities, traveling, energy use and waste management. Quantitative data is collected and calculated using the following formula :



The results show the amount of greenhouse gases emissions from all travel activities, which reflect how high or low the impact of Low Carbon Tourism will be compared to the impact of general tourism activities.

\*Based on the data from Thailand Greenhouse Gas Management Organization (TGO)

# Carbon offset

A carbon offset is a way to compensate by funding an equivalent carbon dioxide saving elsewhere, which aims to completely eliminate tourism-related greenhouse gases emission. This can ensure that tourism can contribute to reducing its own environmental impact while also building towards sustainability.

Travel agency and company offering compatible tour programs can contact

the Carbon Market - set up by Thailand Greenhouse Gas Management Organization (TGO) - to buy carbon credit from emission saving projects in order to balance out those carbon emissions. By this carbon offsetting, Carbon Neutrality can be achieved and it's a way to show social responsibility by helping to cut tourism-related greenhouse gas emissions, thus creating a unique selling point and adding value to tourism.

## 1. Organizing low-carbon tourist activities



## 2. Calculating the amount of greenhouse gas emissions from tourism activities



## 3. Contacting the Carbon Market and buying carbon credit to offset the emissions



## 4. Making a record of each instance of carbon offsetting







## 20 Low Carbon *Travel Routes's Guidelines*



### Lower Energy Use

- Use renewable energy, such as solar energy and wind energy, in tourist destinations.
- Use products with energy-saving labels.
- Organize activities with low energy usage or activities that require no fuel energy and electric energy.



### Change Methods of Travel

- Walk or cycle instead of using cars or motorcycles.
- Use public transport or carpools.
- Cut back on using fossil fuel vehicles.



### Reduce carbon

- Serve food in moderately-sized portions to reduce food waste.
- Add more plant-based diets to your program instead of meat to reduce greenhouse gas emissions related to the livestock industry.
- Choose organic food and ingredients to reduce greenhouse gas emissions related to chemical usage.
- Cut back on importing ingredients or food from outside the area to reduce fuel usage from transport.



### Waste Management

- Use a proper system of waste separation and disposal.
- Reduce the usage of foam boxes and single-use plastic.
- Use natural or biodegradable materials and containers.





# Example of Low Carbon Travel Route

## "Baan Tham Sue, A Zero-Carbon journey"




### Carbon emission


#### Transportation

-  173 kgCO<sub>2</sub>,eq/person/1000 km
-  0.13 kgCO<sub>2</sub>,eq/km
-  0.7 kgCO<sub>2</sub>,eq/km
-  0.13 kgCO<sub>2</sub>,eq/km


#### Energy Consumption

-  Engaging in low-electricity activities  
15- 20 kgCO<sub>2</sub>,eq/day

#### Foods


-  Cooking with ingredients from the organic farm  
1.0 kgCO<sub>2</sub>,eq/person/meal

#### Waste Management

-  Food waste 2 kgCO<sub>2</sub>,eq/kg

### Total carbon emission

#### General route

-  Total carbon emission  
**168.72 kgCO<sub>2</sub>,eq**

#### Low Carbon Route

-  Total carbon emission 70.22 kgCO<sub>2</sub>,eq  
Average carbon emission 7.02 kgCO<sub>2</sub>,eq/person/day

# Which Type of "HERO" Low Carbon are you?

## Gastronomy



You want your trip to have a combination of nature, culture, lifestyles, ingredients, and local wisdom. You like to taste local, chemical-free agricultural products. You love experiencing locally-made dishes while learning how to cook in a low-carbon way. You know the importance of culinary cultural exchanges through tourism, especially for tourists who love eating.

## History



You enjoy history and cultural learning. You travel to explore and discover the past, gaining deeper knowledge of local stories and culture. As the charm of history pulls you in, you may also learn something new about archaeology almost as if you were able to travel back in time. You also make sure that amidst all the excitement, conservation is important too.

## Adventure



You focus on eco- and adventure-style tourism. You seek out destinations rich in natural resources and full of eco-style things to do. You want the balance between tourism and environmental conservation. While you enjoy relaxing in natural surroundings, you also want excitement, fun, challenges, and new experiences from your travel. You love adventure and care deeply about the environment at the same time.

## Slow Life



There is nothing you love more than going on a trip that really lets you take some time off from your busy schedule. You want to simply follow your heart and move slowly along the rhythm of life. You like to spend time truly appreciating the values of local people. You are a fan of a relaxed style of travel as you walk, cycle, and move from place to place without hurry. Whether by trying some local cuisine, learning about the local culture, or just deeply experiencing the local way of life, beautiful memories can be created.

## Wellness



You travel to cure your ailments or just to improve your health. In other words, you travel to relax and seek better health. As you get a traditional massage, have a Thai herbal sauna session, or take part in one of the many other activities available, you come to appreciate that you can take care of your health and the environment at the same time. The beautiful nature and the healing powers of the environment are great for restoring the balance between your body and your mind.



# Adventure Route

Prepare your body and mind as you embark upon a journey of eco-adventure. Immerse yourself in destinations rich with natural resources. Enjoy an experience full of fun, excitement and challenges that are sure to give you a lot of new experiences.

# Adventure Destination

## ***Baan Mung***

Phitsanulok

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## ***Umphang***

Tak

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## ***Chong Sadao Community***

Kanchanaburi

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## ***The Little Amazon, Memories beach***

Phang Nga

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# Adventure

## Route

### Baan Mung

Phitsanulok

Phitsanulok is one of the second-tier cities that is outstanding both natural and cultural aspects and packed with activities throughout the year. If you have a chance to visit this city, try to take a rest at Baan Mung Nuea where we want you to sit still and gaze at the 360-million-year-old limestone mountains slowly. Spend your time with the wonders of nature on the peak of the Rong Ruea Ta Muen Mountain. Let's explore the beauty of the mountain top with 360-degree views while chasing the morning sun, enhance your health with short-distance trekking activities or cycling to enjoy the view as a "hero" on the adventure route or walk into a cave to admire the beauty and listen to local legends, recharge your energy with local food such as Khao Daek Nga. If you have a chance to stay overnight, don't forget to bring binoculars to watch the millions of bats fly in the evening.





# Adventure Route

## Baan Mung

"Hunt for the morning light at Baan Mung Nuea along with low-carbon tourism."



### Highlight activities



Ride a bike to see the limestone mountains lined up.



Pay homage to Luang Por Boonmee at Wat Baan Mung and visit Nang Sipsong Cave to listen to the legend of Phra Rot Meree.



Watch millions of bats fly out in the evening.



Climb the mountain to conquer the peak of Rong Ruea Ta Muen Mountain.

Breathe fresh air to moisten your lungs, embrace the majesty of the stone forest and let the power of nature fulfill your body to be the most refreshing. Have breakfast "Rice wrapped in banana leaves" on the top of the mountain. This simple menu does not harm the environment.

Descend from the top of the mountain cautiously towards the trees and large rocks on either side of the way down.

### Schedule

#### Morning

Greeting to the community and listen to a guide on what to do before joining the carbon-neutral trekking activity. Get a morning workout by trekking the steep mountain to conquer "Rong Ruea Ta Muen Mountain" and to watch the sunrise at the peak of the mountain.



Baan Mung, Phitsanulok

Hero Low Carbon

## Lunch

Have lunch at Baan Mung Nuea Community with local menus that you can't find anywhere.



## Afternoon

Make an ancient traditional dessert "Khao Daek Nga" with traditional methods using charcoal as a good natural fuel that can be found in the community. The aroma of charcoal will enhance the taste.



Let you venture into different caves to admire the beauty of stalactites and trace the legend of Phra Rot Meree at "Nang Sipsong Cave" in the area of Baan Mung Temple and pay homage to Luang Phor Boonmee in the midst of a peaceful and shady atmosphere.



## Low-carbon concept



### Energy Consumption

Doing low-power outdoor activities such as mountain climbing, trekking, caving.



### Waste Management

Breakfast is rice wrapped in banana leaves on the top of the mountain. It is biodegradable and reduces local plastic waste.



### Food

Opt for low-fuel cooking meals such as vegetarian dishes or salads.

## Carbon emissions

### Climbing



**0.2685**  
kgCO<sub>2</sub>eq

### Dessert Making class



**7.9987**  
kgCO<sub>2</sub>eq

### Cave Tour by foot



**0.0109**  
kgCO<sub>2</sub>eq



### General Route

Total carbon emission  
**124.8999** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**83.6760** kgCO<sub>2</sub>eq

**Average emission per person : 8.3676 kgCO<sub>2</sub>eq**



### Recommended accommodation

Jumtla Campiness @ Noen Maprang : 081 806 5444

CHID Thammachat : 081 893 9464

Phongtang's Garden Hill : 089 808 0064



### Contact

Baan Mung Nuea Tourism Community

Coordinator Name : Mr. Patiwat Darnkaew

Phone/Mobile : 084 724 0185



# Adventure

## Route



### The Little Amazon, Memories beach

Phang Nga

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Take a vacation and pack your bags for a long time with exertion in natural light at Takua Pa. Pamper the adventurer with a kayak trip along the Sang Ne Canal in the ancient banyan forest, a mangrove forest known as the Little Amazon. Let's try to be a mahout at Khao Lak Elephant Home. You will be trying to stay close with the elephants whether feeding or bathing. Alternatively, you can put on your sunglasses and bask in the sun in Khao Lak and go surfing. A popular outdoor activity that should not be missed for adventurous travellers who enjoy eco-conscious tourism activities without carbon emissions.



# Adventure Route

## The Little Amazon, Memories beach

"Go surfing at Khao Lak and go kayaking through the Sai Forest in Takua Pa District."



### Highlight activities



Go kayaking at Sang Ne Canel or Little Amazon.



Feed – Bathe the elephants at Khao Lak Elephant Home.



Go surfing at Memories Beach.

### Schedule

#### Morning

Meet at Phuket International Airport and depart for Takuapa District, Phang Nga. Take a kayaking adventure in the Little Amazon along the Sang Ne Canal, a short canal filled with enchanting mangrove forests. Let you admire the hundred-year-old ancient banyan forest that spreads along both sides of the canal. If you see a variety of snakes curled up in

the trees, don't panic because this is rare biodiversity to see.



The Little Amazon, Memories beach, Phang Nga

Hero Low Carbon

## Lunch

Have lunch

## Afternoon

Learn and make friends with elephants at Khao Lak Elephant Home Turn an ordinary day into an exciting and fun mahout. Let's feed, train, and bathe the elephants closely.



Prepare to float above the bubbles with a surfboard about 200 meters on foot to Memories Beach. It is a popular activity that attracts tourists. It's okay for anyone who doesn't know how to surf, you can learn how to be balanced from land first.



## Low-carbon concept



### Energy Consumption

Non-fuel outdoor activities include kayaking and surfing.



### Waste Management

Reduce the generation of plastic and foam waste in all tourism activities to avoid carbon emissions from internal combustion engines.



### Travel

All tourism activities to avoid carbon emissions from internal combustion engines.

## Carbon emissions

<p><i>Kayaking</i></p> <p><b>0</b> kgCO<sub>2</sub>eq</p>	<p><i>Elephant Food making</i></p> <p><b>7.876</b> kgCO<sub>2</sub>eq</p>	<p><i>Surfing</i></p> <p><b>0</b> kgCO<sub>2</sub>eq</p>
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### General Route

Total carbon emission  
**182.528** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**47.3424** kgCO<sub>2</sub>eq

**Average emission per person : 4.7342 kgCO<sub>2</sub>eq**



### Recommended accommodation

Bangsak Village Resort : 076 584 050  
Eden Beach Resort and Spa : 076 410 186  
The Briza Beach Resort Khao Lak : 076 428 600



### Contact

Khaolak Land Discovery Co., Ltd.  
Phone/Mobile : 076 485 411 or 081 979 0684  
Email : info@khaolaklanddiscovery.com  
Website : www.khaolaklanddiscovery.com

# Adventure

## Route

### Chong Sadao Community

Kanchanaburi

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Fill your life with color with jungle rafting and rafting activities at Chong Sadao, a green area next to the Khwae Yai River where people, forests, and wildlife coexist with each other. The problem of wild elephants invading the community's farming area led to the idea of beekeeping as a fence line to protect wild elephants. Using nature to solve problems can be unharmed for wild elephants, crops are still plenary, and can cultivate honey from honeybees as well. It is an all-encompassing nature-educational route whether it be fun rafting, walking in the footsteps of wild elephants or exploring the ecosystem for the "advantageous hero" who enjoys nature without polluting the environment.





# Adventure Route

## Chong Sadao Community

"Rafting, jungle trekking and natural bathing at Chong Sadao."



### Highlight activities



Learn how to raise box bees to protect wild elephants.



Trek to study nature and follow the trail of wild elephants.



Rafting on Khwae Yai River.



Take a walk and see the beautiful scenery on of Srinakarin Dam.

Get to know "Honeycomb Fence", a fence that prevents wild elephants from invading farmland without harming and being environmentally friendly. It also receives 100% honey that can generate income for the community.



Replacing green spaces and offsetting carbon emissions with local and rare forest plants that communities have cultivated to vigorously grow in degraded forest areas.

### Schedule

#### Morning

Get to know the Chong Sadao community and prepare yourself with the appropriate equipment and clothing. Don't forget to bring your own water bottle to sip along the way to quench your thirst and reduce plastic waste at the same time.

Chong Sadao Community, Kanchanaburi

Hero Low Carbon

Let be an explorer of a nature trail that is rich in flora, food and water throughout the year via conservation and cooperation of the community.



## Lunch

Have lunch with a local menu made with local organic ingredients.

## Afternoon

Let's cool off by rafting on the Khwae Yai River to enjoy the nature of the forest and rivers along the 7 km route. It's a big foam raft. It can be increased according to the number of people. It can reduce the transportation energy and pollution caused by tugboats and can be reused at any time.



## Low-carbon concept



### Energy Consumption

Outdoor activities do not use energy such as box beekeeping, tree planting, hiking, and rafting.



### Food

Dine on local ingredients.



### Waste Management

Reduce plastic and foam waste in all tourism activities.



### Travel

Flexible rafting from local operators.

## Carbon emissions

Apiculture tour



**0.2466**  
kgCO<sub>2</sub>eq

Trekking



**7.9987**  
kgCO<sub>2</sub>eq

Rafting



**0.0110**  
kgCO<sub>2</sub>eq



### General Route

Total carbon emission  
**159.1344** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**45.0029** kgCO<sub>2</sub>eq

**Average emission per person : 4.5003 kgCO<sub>2</sub>eq**



### Recommended accommodation

Le Bassin Erawan Resort : 092 617 5111

Boutique Raft Resort River Kwai : 081 831 7523

Wang Jai Kwang Space Inn : 099 056 5678



### Contact

Baan Chong Sadao Community, Kanchanaburi

Coordinator Name : Sub-district Headman Wasan Sunjinrat

Phone/Mobile : 081 773 3857

# Adventure

## Route

### Umphang

Tak

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Just by mentioning "Umphang", an adventurer spirit immediately surges with wrathfulness in the forest. The nature path seems difficult but has the charm of the wild west of Thailand that invites us to forget the hardships. It is rich in the beauty of the heart of Umphang in the name of "Thi Lo Su Waterfall". You will be amazed at the Rainbow Waterfall as a gem. It is like a reward for travelers at the finish line. Besides enjoying the greenery and the mist on the water surface, there are also rafting along the various rapids to see the nature around. Then go on a carbon-neutral walk in a wildlife sanctuary to study the ecosystem to learn the management of local people who play an important role in resource development and management. Umphang is the ideal route for adventurous travellers who want to conquer the beauty of the largest waterfall in Thailand. Let you be back home with the pride of making the least impact on the environment.



# Adventure Route

## Umphang

"Carbonless Thi Lo Su Waterfall Adventure."



### Highlight activities



Rafting on the Mae Klong River.



Soak your feet in a natural hot spring in the middle of the forest.



Explore the forest to see the nature trails at Umphang Wildlife Conservation Area.



CSR social activity is to donate leftover medicine to Umphang Hospital.

rainbow at your tip of the finger which is a highlight that should not be missed.

Stop by a natural hot spring in the middle of the forest to soak your legs and release your tiredness from your long journey. If you're hungry, you can stop by Seven Doi or a local small shop that serves home-cooked meals

### Schedule

#### Morning

Going into the forest must meet a forest master, a local navigator who will guide tourists who want to conquer the heart of Umphang.

Rubber rafting along the Mae Klong River into the forest to indulge the beautiful views from both sides and experience the



Umphang, Tak

Hero Low Carbon



End the boat trip at Pha Lueat Forest Protection Unit. Don't forget to check your belongings or trash during the trip to dispose of them appropriately. Wait for the pickup to take you to Thi Lo Su. While you wait, don't forget to take photos of the evergreen forest surrounding you.



### Lunch

Have lunch made with locally sourced ingredients in a reusable plastic lunch box.

### Afternoon

After finishing your meal, walk another 1.5 kilometers to reach the final destination. Enjoy both sides of the path and admire the beauty without worrying about carbon emissions.



The greatness of nature is real when faced with Thi Lo Su Waterfall. It's a traveler's reward which is elaborated for those who make persistent efforts. The largest waterfall in Thailand at 250 meters high, this is more than beautiful but it is the abundance of the forest. Listen to the sound of powerful water resounding and rainbows as close as we can reach.



## Low-carbon concept



### Energy Consumption

Non-powered outdoor activities such as white-water rafting, trekking, waterfall viewing.



### Waste Management

Have lunch in reusable containers or natural raw materials that are easily biodegradable in nature to reduce waste in tourism activities.



### Travel

White water rafting by rubber boat and waterfall trek by carpool public minibus to reduce fuel consumption.

## Carbon emissions

<p>White-water rafting</p> <p><b>2.4663</b> kgCO<sub>2</sub>eq</p>	<p>Foot spa</p> <p><b>0</b> kgCO<sub>2</sub>eq</p>	<p>Short hiking</p> <p><b>0</b> kgCO<sub>2</sub>eq</p>
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### General Route

Total carbon emission  
**163.7634** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**69.5391** kgCO<sub>2</sub>eq

**Average emission per person : 6.9539 kgCO<sub>2</sub>eq**



### Recommended accommodation

Phudoi Campsite : 098 456 1914

Tukasu : 081 825 8238

Umphang Country Hut : 055 561 079



### Contact

Umphang Tourism Promotion and Conservation Club

Coordinator Name : Mr. Phumirawit Chothithanawatchai

Phone/Mobile : 098 456 1914



# Gastronomy

## Route

Prepare to be stuffed with healthy, locally made dishes that cater to both the visitors and the environment. Ingredients are locally sourced from organic farms and cooked in a low-carbon way. Every dish is served in a moderately-sized portion to minimize food waste.

# Gastronomy

## Destination

**Khon Kaen City**  
Khon Kaen

**Takian Tia Community**  
Chonburi

**Khanom Plaek Community**  
Chanthaburi

**Tubtiang Old Town**  
Trang

# Gastronomy

## Route

### Takian Tia Community

Chonburi

You don't have to waste time traveling for a long time because Baan Ta Kiean Tier is in Chonburi, quite close to Bangkok. Although the destination is not popular for its beautiful sea, white sand beach like others in Thailand, we assure you that we enjoy here so much with many reasons, certainly peaceful beach. Just prepare your belly and open your mind to learn how to save the world with the "gastronomy" route with coconuts. Get to know the community that integrates the environmentally friendly wisdom of farmers without relying on chemicals. Exploring every part of coconut which you'll enjoy the whole, you can eat savory and sweet creations from every part of it. Coconut shells are containers that are not considered as waste. When the sun starts to set, we invite you to ride a bicycle along the coconut groves or visit Baan Roi Sao for cooking, cutting Mahoton, folding pandan roses as well as traditional singing. All kinds of happiness and fun with reduced energy consumption in a shady and friendly atmosphere.





## Gastronomy Route

## Takian Tia Community

"At Ta Kiean Tier, eat it all to reduce carbon."



### Highlight activities



Taste fresh coconut coffee with a mild flavor and aroma of coconut milk.



Cook Chicken Curry with Coconut Shell and Fresh Shrimp Paste.



Learn how to process and peel coconuts.



Learn how to make taro balls in coconut milk from the community garden.

### Schedule

#### Morning

Arrive at Dong Maprao Sung Community, talk to the farmers from Baan Ta Kiean Tier Tourism Group before riding a bicycle along a coconut plantation path to see the way of life and innovative ideas with the use of local cash crops developed in conjunction.



Savor and watch demonstrations of coconut coffee making, freshly squeezed coconut milk, and frothed into fresh coffee instead of creamer. Besides being economical, it also gives a mellow taste and a real coconut scent.

Takian Tia Community, Chonburi

Hero Low Carbon



Then go to meet the community chefs to cook the best dishes. "Chicken Curry with Coconut Shell", a regular menu for Takhian Tier that uses young coconut shells as an ingredient of the meal which is eaten with salted egg shrimp paste.



## Lunch

Have lunch with pride because this meal is made by yourself.

## Afternoon

Easy to cook delicious desserts like "taro balls in coconut milk" Made from natural colors such as pumpkin, pandan leaves, and butterfly peas as a healthy, chemical-free dish. Support products from the community before going home.



## Low-carbon concept



### Food

Use local coconuts as the main raw material.



### Waste Management

Use reusable food containers instead of single-use plastic.



### Travel

Reduce fuel consumption by cycling.

## Carbon emissions

### Cycling



**0**  
kgCO<sub>2</sub>eq

### Coconut Coffee workshop



**0.7954**  
kgCO<sub>2</sub>eq

### Cooking Class



**8.8569**  
kgCO<sub>2</sub>eq



### General Route

Total carbon emission  
**157.8541** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**47.6658** kgCO<sub>2</sub>eq

**Average emission per person : 4.7666 kgCO<sub>2</sub>eq**



### Recommended accommodation

Cape Dara Resort Pattaya : 038 933 888

Cholchan Pattaya Beach Resort : 038 702 777

Wave Hotel Pattaya : 038 410 577



### Contact

Takhian Tier Community

Coordinator Name : Mr. Krongthong Sanyakul

Phone/Mobile : 098 412 1712

Email : takhiantia@gmail.com

# Gastronomy

## Route

### Khon Kaen City

Khon Kaen

Prepare your belly, pack your bags and head to Khon Kaen, an innovative tourist destination in the Northeast where delicious food is hidden scattered along the alleys for the "gourmet hero" to eat in a way that saves the world. Let's start from Em-Ot restaurant in the morning to welcome the new day with a menu of Vietnamese dishes that have been open for more than 30 years by ordering pan-fried eggs or Chinese noodles. Then, go to Dotlimited, an eco-friendly chic shop that pushes to reduce everyday waste by coming up with great ideas that you can easily do yourself. For example, old packaging to add spices or curry to take home without creating waste for the world. Last but not least, relax at the Plook Suk Farm, a cafe and restaurant that uses ingredients from agricultural gardens and chemical-free backyard fields. You will learn how to manage the area for maximum utilization, use the produce and waste materials to create value and add value according to the Sufficiency Economy Philosophy.



## Gastronomy Route

## Khon Kaen City

"Enjoy delicious food, live eco-friendly way  
in Khon Kaen."



### Highlight activities



Have breakfast at the famous Em-Ot in Khon Kaen.



Shop under the concept of reducing waste to zero at Dot Limited.



Workshop to make upcycle bags printed with natural colors.



Cook organic and local vegetable salad at Plook Suk Farm.

Let's continue with the workshop at Dot Limited, a good idea shop that creates awareness through everyday consumption. You will be able to make cloth bags by Upcycle to increase the lifespan of leftover items to be useful without adding more waste to the environment by using fruit and vegetable molds and natural colors to create your unique bag.

### Schedule

#### Morning

Get your stomach empty and go on a food tour in Khon Kaen. Let's start with Khon Kaen City restaurant, a famous Vietnamese restaurant in the middle of the city street with an egg pan topped with pork sausage and homemade Chinese sausage at a friendly price.



Khon Kaen City, Khon Kaen

Hero Low Carbon





Finally, shop for products, seasonings and daily necessities in the shop under the concept of zero waste.

Visit the Plook Suk Farm, a place to relax and grow chemical-free fruits and vegetables. You can carry a basket into the garden to collect vegetables to make vegetable salad from the garden. We guarantee a fresh, delicious and carbon-free flavor.



## Lunch

Have lunch.



## Afternoon

Stroll around the farm and take a snack and coffee, as well as admiring the ancient artifacts in Huen Hom Hug or paddling before heading home.



## Low-carbon concept



### Energy Consumption

Low energy travel activities such as eating delicious food, picking vegetables in the garden and outdoors.



### Food

Cook organic and chemical-free salads to reduce meat consumption.



### Waste management

Make cloth bags upcycled to extend their lifespan instead of adding new waste by using the containers prepared to put things at Dot Limited.

## Carbon emissions

<p>Upcycling workshop</p> <p><b>0.3320</b> kgCO<sub>2</sub>eq</p>	<p>Cooking class</p> <p><b>0.7300</b> kgCO<sub>2</sub>eq</p>	<p>Farm Tour on foot</p> <p><b>0</b> kgCO<sub>2</sub>eq</p>
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### General Route

Total carbon emission  
**164.2524** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**52.6074** kgCO<sub>2</sub>eq

**Average emission per person : 5.2607 kgCO<sub>2</sub>eq**



### Recommended accommodation

Green Hotel and Resort Khon Kaen : 043 247 222

Avani Khon Kaen Hotel : 043 209 888

Rachawadee Resort and Hotel : 043 468 222



### Contact

Thai Dream Tour Co., Ltd.

Phone/Mobile : 089 711 8331

Email : thaidtours@gmail.com

Website : www.thaidreamtours.com

# Gastronomy

## Route

### Khanom Plaek Community

Chanthaburi

Chanthaburi is not only famous for fruits and gemstones. The prefecture also offers cultural, historical attractions, sightseeing activities and mouth-watering food. Chantaboon waterfront community where people join in preserving Sino-Portuguese buildings and restored to become a tourist attraction with a nice atmosphere. Whether walking along the waterfront to pay homage to Maephra Patisonti Niramom Church, the largest and most beautiful Roman Catholic Church in Thailand. or cycling without causing pollution through retro alleys Not far from the waterfront community, taste sweets in the exotic dessert community where people still maintain their strange-looking desserts with unfamiliar names. For example, Khanom Kuy Ling, Khanom Hee Khwai, Khanom Chom Dao. It actually exists in Thailand for future generations to see and taste the ancient desserts.



## Gastronomy Route

## Khanom Plaek Community

"Walk along the Chanthaboon waterfront to taste exotic and rare desserts."



### Highlight activities



Take a walk through the community of exotic desserts to taste traditional, hard-to-find.



Dine on local Chanthaburi food at Bua Khao Restaurant.



Sip coffee at The Motives Eco Hotel.



See the beauty of the Maephra Patisonti Niramom Church.

### Schedule

#### Morning

Arrive at the community, the land of ancient desserts along the waterfront in the Khlong Nong Bua area. Stroll through the old wooden houses and take photos of street art. Get your own bag and stop by every shop to buy snacks. If you can't eat it all,

you can take it home without having to use plastic bags.

Let's try Khanom Kuy Ling, an unusual dessert that is hard to find nowadays by forming glutinous rice flour into small sticks of pink, purple or yellow from fermented sugar cane. Boil until cooked, then mix with sugar, sesame, coconut and consider its appearance before eating.



Khanom Plaek Community, Chanthaburi

Hero Low Carbon

## Lunch

Dine on local Chanthaburi dishes at Krua Bua Khao, which serves rare dishes. For example, stir-fried chicken with cardamom, boiled squid with sugarcane juice, salt chili paste. However, the raw materials used are fresh local vegetables and herbs to reduce the transportation process without causing pollution.



## Afternoon

Watch a coffee drip at The Motives Eco Hotel and sit back and relax in a comfortable atmosphere. This building will be a mix of wood and plants and focusing on airy and light exposure that changes light direction throughout the day to reduce electricity consumption.



Then take a stroll along the Chanthaboon waterfront to see the Maephra Patisonti Niramom Church or the Roman Catholic Church, a replica of the Church of Notre Dame in France.

Before going home, take a photo of the old houses in the community way at Baan Tha Rua Jaang, a street art in Chanthaburi.



## Low-carbon concept



### Food

Have a meal at Bua Khao restaurant that uses local ingredients to reduce fuel consumption for importing raw materials from other sources.



### Waste management

Manage the creation of plastic and use biodegradable materials to eat snacks in the exotic dessert area.



### Travel

Reduce fuel consumption by taking a walking tour of the exotic dessert community.

## Carbon emissions

### Walking Tour



**0**  
kgCO<sub>2</sub>eq

### Dessert making class



**0.9240**  
kgCO<sub>2</sub>eq

### Coffee drip



**12848**  
kgCO<sub>2</sub>eq



### General Route

Total carbon emission  
**159.7364** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**39.3365** kgCO<sub>2</sub>eq

**Average emission per person : 3.9337 kgCO<sub>2</sub>eq**



### Recommended accommodation

Maneechan Resort : 039 373 666

The Motives Eco Hotel : 093 465 5353

Peggy's Cove Resort : 039 460 345



### Contact

Chanthaburi CBT Travel Co., Ltd.

Phone/Mobile : 039 373 666

Email : info@chanthaburicbttravel.com

Website : www.chanthaburicbttravel.com

# Gastronomy

## Route

### Tubtiang Old Town

Trang

Warmly welcome and take you to the well-known city with delicious food and peaceful land which closely combines culture with food and lifestyle. Exploring the culture of having 9 meals a day is the truth? Or overclaimed story. You will enjoy touring of the old town, Tub tiang community, to see Sino-European or Sino-Portuguese architecture on foot without pollution. Then, taking a picture with 3D street art on the streets of pedestrians along the alleys. If tired, you should not miss to take a tuk-tuk with a frog's head, a local transport service that Trang people have been sitting for more than 60 years. It's both economical and perfect for our planet as it does not generate more carbon footprint. Let's visit Trang, the city of Thai-Chinese-Peranakan food culture that will make your meal amazing than ever.



# Gastronomy Route

## Tubtiang Old Town

"Explore Trang, a city of delicious foods with no carbon emissions."



### Highlight activities



Eat delicious food in Trang.



Eat homemade food from local ingredients.



Learn the secrets of Trang's original Kookming Cake.



Visit Grand Dugong Statue, Trang's landmark.

### Schedule

#### Morning

Start the day like a Trang people, enjoy eating breakfast outside while chitchatting with friends during the morning. First visit at Sri-Fah Restaurant, an old local breakfast restaurant in Trang. Let's taste the highlight local food that is guaranteed delicious by many people.



Unravel the secret of a round hole in Trang Cake from Kookming Cake, Trang's first original local cake that is soft, scented and delicious until it becomes a morning menu paired with coffee and being a famous food that is well known nationwide.

Take a stroll through Tub tiang Old Town to admire the beautiful Sino-Portuguese architecture and photograph many awesome 3D street arts.



## Lunch

Head straight to a healthy restaurant for cooking a simple southern Thai rice with local rice and more than 10 herbs such as three-color rice with pomelo and sour mango mixed with sweet and salty spicy salad. It is a delicious choice that health lovers should not miss.



## Afternoon

Enjoy tasty desserts and drinks to gain more freshness at Better you, a café for health lovers that you must try every time you visit here. End the trip happily with smiley belly.



## Low-carbon concept



### Energy consumption

low-energy tourism activities such as walking to find delicious food at various restaurants.



### Food

Use local ingredients instead of imported from other sources. and Eat alternative food such as vegetables, fruits and herbs to reduce meat consumption. (Does not generate methane, a carbon source from livestock).



### Waste management



Use reusable containers instead of foam.



### Travel

Reduce fuel consumption by walking around the Tubtiang area.

## Carbon emissions

<p>Baking workshop</p>  <p><b>4.5097</b> kgCO<sub>2</sub>eq</p>	<p>Walking Tour</p>  <p><b>0</b> kgCO<sub>2</sub>eq</p>	<p>Cooking class</p>  <p><b>8.3721</b> kgCO<sub>2</sub>eq</p>
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### General Route

Total carbon emission  
**177.0061** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**73.01725** kgCO<sub>2</sub>eq

Average emission per person : 7.3017 kgCO<sub>2</sub>eq



### Recommended accommodation

Baan Bussaba Hotel : 081 370 8997

T&B Apartment Hotel : 075 218 069



### Contact

The Explorer Co., Ltd.

Phone/Mobile : 081 817 3604

Email : jitchaya.june@hotmail.com

Website : www.theexplorer.co.th



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# Slowlife

## *Route*

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Feel free to take your time and move at your own pace.  
Simply focus on truly exploring the places and people.  
Have conversations, learn new things and broaden your knowledge  
through activities that do not damage the environment.



# Slowlife Destination

**Baan  
Pa Miang**  
Lampang

**Chiang Khan  
Town**  
Loei

**Monsoon Valley  
Vineyard**  
Prachuap Khiri Khan

**Koh Mak**  
Trat

# Slowlife

## Route

### Baan Pa Miang

Lampang

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Sit back, relax and take a sip of Assam tea, a plantation of wild tea leaves in the middle of the valley at Baan Pa Miang which is a small community in a comfortable atmosphere with mist in the morning. The people are smiling and welcoming. Villagers will invite us to collect Assam tea leaves. Then, they will take us to see the pots to boil old tea leaves for fermentation to make "Miang" and sell them to nearby villages or within the province until becoming a product that generates income for the community from birth until now. Assam tea leaf is a medicinal herb that is useful for enhancing energy. Drink it as a healthy morning tea. The community also cooks and processes them into tea leaf pillows that help deodorize. Try to sit and chill in the midst of nature or take a photo book and sit near the small stream that flows through the village to capture the atmosphere.



## Slowlife Route

# Baan Pa Miang

"Relax in the misty village in the middle of the valley and sip delicious Assam tea at Baan Pa Miang."



### Highlight activities



Short trekking and learning the way to grow and harvest Arabica coffee.



Learn to make pillows from tea leaves.



Enjoy roasting coffee beans, an income-producing occupation of the villagers of Baan Pa Miang.



Cook local food from the Assam tea leaves

Arabica coffee beans that have been grown for over 20 years with support from the Thai Royal Project. Then, roast the coffee seeds at the edge of the waterfall cliff before indulging in the taste of coffee with the sound of the clear stream.

### Schedule

#### Morning

Wake you up in the early morning to see the stunning sunrise at Kew Fin view point in Chae Son National Park. You also enjoy seeing the sea of mist that can be seen on both sides of Lampang-Chiang Mai.

Try to harvest good quality organic



Baan Pa Miang, Lampang

Hero Low Carbon

## Lunch

Eat local community food, Yum-Bai-Miang or Assam tea leaves with a spicy salad menu. Although it looks like an ordinary spicy salad, the highlight is the use of local ingredients to express the identity of the community. In addition, the Assam tea leaf has caffeine and antioxidant substances to increase the strength to stay awake until the end of the day. Make you fresh all day long.



## Afternoon

Prepare a basket over your shoulders to go into the forest to collect Assam tea leaves or 'Miang'. Then, try using a galvanized sheath knife to collect the leaves in the traditional way by shearing the leaves at the base of the leaves so that the leaf has room to breathe and keep on sprouting.



Learn how to make pillows yourself at the community learning center by bringing the old assam tea leaves to dry and then stuffed with a tea leaf pillow. As it smells nice which is good for your sleeping time and makes you feel relaxed and also helps to deodorize.



Take a walk to capture the atmosphere of the community in the middle of the valley. Take a photo with street art on the walls of an old house. Go up to the viewpoint to see the village surrounded by forests and then go to soak your feet at the stream before returning home safely.



## Low-carbon concept



### Energy consumption

Do non-powered excursions, trekking, and village tours.



### Food

Choose food from local farms, menus from gnetum gnetum leaves, to reduce the import of raw materials from outside.



### Waste Management

Reduce the use of single-use plastics.



### Travel

Reduce fuel consumption by taking a walk in the community.

## Carbon emissions

Coffee workshop



**1.4589**  
kgCO<sub>2</sub>eq

DIY workshop



**1.023**  
kgCO<sub>2</sub>eq

Walking tour



**0**  
kgCO<sub>2</sub>eq



### General Route

Total carbon emission  
**165.3088** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**35.4924** kgCO<sub>2</sub>eq

Average emission per person : 3.5492 kgCO<sub>2</sub>eq



### Recommended accommodation

Baan Tarn Rim Pha : 089 901 9095

Morn Bai Cha Homestay : 086 438 7576



### Contact

Baan Pa Miang Community Tourism Group

Coordinator name : Khun Chanchai Jatuma

Phone/Mobile phone : 084 894 9122

# Slowlife

## Route

### Chiang Khan Town

Loei

Chiang Khan, one of the remarkable cities with two cultural countries of Thai-Laos on the banks of the Mekong River offer traditional wooden houses, cozy atmospheres, delicious food, and people preserving traditional arts and culture. No one visits only once as it is truly amazing. Many people come back to explore more and more with the concept that happiness never ends here. The more we visit, the more you love. Put your cap on and take the camera with you to enjoy the snap along the way to record the stories and happiness all in town. Ride a bike along the road aligning the Mekong River over 2.7 kilometers starting from Walking Street Soi 21 until Soi 0. No matter where we stop to look, the good point of view we guarantee. Let's take a walk in a quiet and relaxing way. Riding a bike to enjoy your day without rushing. It also reduces pollution easily in the style of "Hero Low Carbon".



# Slowlife Route

# Chiang Khan Town

*"Chill out at Chiang Khan, a joy trip without carbon emission."*



## Highlight Activities



Pha-Sad Loi Kroh, a ritual of floating the sorrows into the Mekong River.



Learn the way of life of fishermen with the local fishing group of Chiang Khan.



Take a cruise on the Mekong River to see the scenery on both sides of neighboring countries' Thai-Laos.



Offering alms to monks with sticky rice that has been inherited for over 400 years of culture.

## Schedule

### Morning

Meet at the "Chiang Khan Cultural Ground" and take a leisurely walk. Let yourself be free with the good atmosphere and culture of the Mekong River to save energy and avoid creating any pollution.

Walk into "Wat Tha Kok", the temple of Chiang Khan that is extraordinary in architecture that combines Western and Eastern arts beautifully. Also, pay respect to the principal Buddha image inside the chapel and make a wish. No need to light incense sticks to reduce burning and help preserve the beautiful wooden ceiling paintings.



Chiang Khan Town, Loei

**Hero Low Carbon**

Throw away bad luck without destroying the river with "Pha-Sad Loi Kroh", a 100-year-old ritual to float bad luck along the river by the Chiang Khan people, made from 100% compostable materials.



## Lunch

Have lunch with local dishes of the Chiang Khan people.

## Afternoon

Walk to the living museum "Baan Ta Sing Kham", a 120-year-old ancient house. Explore Chiang Khan in depth by listening to stories about the city's history and wooden houses from different periods.

Go back in time with a leisurely walking tour of the city. Allow yourself to learn and enjoy the history of two cultures, Laos, Luang Prabang, and Thai-Chinese on a 2.7-kilometer trade route to tourist towns.



Walk with your energy then "cycling" for cool breezes on the roads along the Mekong River as well as to reduce carbon dioxide emissions that are good for both the community and the environment. It is a popular activity from Suksomboon Hotel, the first hotel in Chiang Khan.

Take a "natural view cruise", Thai-Laos on the banks of the Mekong River, to learn about the fishermen's way of life at the Chiang Khan Fisheries Enterprise Group from the conservation group and publicize the local fishermen's way of life through ecotourism.



## Low-carbon concept



### Energy consumption

Low power travel by doing outdoor activities.



### Waste Management

Use naturally compostable bananas and papayas in Pha-Sad Loi Kroh and avoid creating plastic waste from tourism activities.



### Travel

Reduce fuel consumption by traveling on foot and cycling.

## Carbon emissions

Green worship



**0.981**  
kgCO<sub>2</sub>eq

Pha-Sad making workshop



**1.867**  
kgCO<sub>2</sub>eq

Walk & Cycling



**0**  
kgCO<sub>2</sub>eq



### General Route

Total carbon emission  
**146.3567** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**46.3669** kgCO<sub>2</sub>eq

**Average emission per person : 4.6367 kgCO<sub>2</sub>eq**



### Recommended accommodation

Huan Yai Buppha : 081 459 4479

Suneta Hostel : 086 999 9218

Tonkong Guesthouse & Restaurant : 089 394 0839



### Contact

Chiang Khan Tour Guide Club

Coordinator name : Khun Benchamaporn Chatkham

Phone/Mobile phone : (+66)42 821 879, (+66)89 394 0839

Email : Benjamas@gmail.com

# Slowlife

## Route

### Monsoon Valley Vineyard

Prachuap Khiri Khan

Experience the vineyards in a mesmerizing atmosphere. Let's relax with food, nature, and Thai grape wine. Only 35 kilometers from the city of Prachuap Khiri Khan, it heads straight to Khok Chang Subdistrict where Monsoon Valley Vineyard, a source of quality Thai wine from the local community and the local area nearby. Here, fertilizers are not required just relying on natural rainwater and water reservoirs for use in the dry season. Reform leaf scraps and wine waste such as grape skins and grape seeds to organic compost as the principle "the balance of nature is the greatest key to creating unique wines". In addition to that, the farming area is also divided into a vegetable garden for restaurants and employees. Let the free space be an animal habitat such as rabbits, various snakes, and monkeys to different species of lizards and wild fowls.





# Slowlife Route

## Monsoon Valley Vineyard

"Sip wine and wander along the vineyards at Monsoon Valley Vineyard."



### Highlight Activities



Take a small jeep to see the vineyards (Vineyard Tour).



Bottle label painting workshop.



Play with the kind elephant in the midst of a natural nursery.



Kui Buri National Park Vineyards and Wildlife Tour (Wine Safari).

such as Shiraz, Brunello, Colombard, and Cheninblanc.

Enjoy Thai signature animals, big elephants, at Baan Khok Chang, a former area where wild elephants were tamed before becoming a natural elephant sanctuary today. Spend more time getting to know the elephants by feeding fruit, watching them bathe, and relaxing along the way with nature and elephants on the 1-kilometer forest trail.

### Schedule

#### Morning

Explore the vineyard to learn the way of life on the Vineyard Tour. Take a jeep ride to see the giant farms with the size of 1,400 rai in the atmosphere of rural Hua Hin. Learn and taste more than 20 varieties of grapes, divided into two categories; wine grapes and fresh grapes



Monsoon Valley Vineyard, Prachuap Khiri Khan

Hero Low Carbon

## Lunch

Have lunch at The Sala Wine Bar & Bistro, the farm's flagship restaurant that uses fresh ingredients from the farm to table. Enjoy the fresh and chemical free vegetables while taking a superb view.



## Afternoon

Make your signature bottle label painting activity on wine bottles, to keep in a good memory of visiting a vineyard. Explore creative tourism activities with the inspired and beautiful atmosphere of the farm, and grab local souvenirs home.



## Low-carbon concept



### Food

Use vegetables from the farm to serve in the restaurant to reduce the import of raw materials from outside.



### Waste Management




Use reusable containers instead of single-use plastics.



### Travel

Use the farm's jeep as a one-way ride similar to the car pool concept.

## Carbon emissions

<p>Vineyard Jeep tour</p>  <p><b>14797</b> kgCO<sub>2</sub>eq</p>	<p>Elephant experience</p>  <p><b>10.036</b> kgCO<sub>2</sub>eq</p>	<p>Painting workshop</p>  <p><b>8.5391</b> kgCO<sub>2</sub>eq</p>
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### General Route

Total carbon emission  
**171.4567** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**45.9838** kgCO<sub>2</sub>eq

Average emission per person : 4.5984 kgCO<sub>2</sub>eq



### Recommended accommodation

Amari Hua Hin : 032 616 600

Wora Bura Hua Hin Resort & Spa : 032 655 333



### Contact

Monsoon Valley Vineyard

Coordinator name : Public relations department

Phone/Mobile phone : 081 701 0222

Email : info@monsoonvalley.com

Website : www.monsoonvalley.com

# Slowlife

## Route



## Koh Mak

Trat

Avoid the chaos of crowded people on the beach. Enjoy relaxing at "Koh Mak" is a good choice for you and loved one. It is ranked the 4th largest island in Thailand but it maintains the tranquility and beauty of nature. Although there are no such entertainment venues or well known tourist attractions, the true nature is the best. Coconut groves and rubber forests of the villagers coupled with the clear blue waters created by cooperation between entrepreneurs and local villagers, leading to sustainable tourism. It awaits "Relaxing Hero" to come and visit to your deep rest after hard work without using any electricity. Swim in the calm sea water and see the nice coral reefs. Cycle around the island to see the culture of islanders. Walk along the beautiful beach. Treat yourself with super fresh seafood. Sit back and see the last light of the day during sunset time without ruining the environment or creating carbon for the entire trip.



# Slowlife Route

## Koh Mak

"Slow your life, listen to the heart of the sea and relax at Koh Mak."



### Highlight Activities



Kayak and see coral reefs in shallow water.



Walk on a wooden bridge overlooking the sea at Koh Mak.



Snorkeling to see the ecosystem up close.



Corporate Social Responsibility of coral reef planting.

Stop by for a tie-dyeing activity made from organic plants on the island. Allow you design freedomly inspired by the water, the sky, and the coconut trees. Enjoy dying with the various selection of natural materials in Koh Mak.



### Schedule

#### Morning

Arrive at Koh Mak Pier, visit the low-carbon model community from the start of the journey by riding a solar cell car using clean energy that promotes the use of public transportation in the area. It is convenient, safe and good for carpooling.



Koh Mak, Trat

Hero Low Carbon

## Lunch

Have lunch at Koh Mak Farm, a low-carbon establishment prototype. Mainly ingredients are collected from their farm or raw materials in the local area that avoid transportation costs and pollution. The recommended menu is roasted seafood with chili and salt, fresh shrimp paste, and seasonal vegetable soup.



## Afternoon

Contribute to build a better planet and a complete ecosystem for longevity. Enjoy activities to save the world with the Koh Mak Coral Conservation Group. Participate to grow corals on land by way of culturing corals from PVC pipes to be a nursery and care for aquatic animals. The specialty of this activity is that our names are engraved on the PVC pipes to create a bond with the sea. We want you to revisit and see the coral that we planted each year.



Enjoy kayaking at Ao Son Yai. Not far from the shore, you can get close to the beauty under the clear blue sea. See different species of coral reefs with schools of fish swimming to attract attention. Spend your own time in nature with a slow paddle capturing the impression only through the eyes.



## Low-carbon concept



### Energy consumption

Do outdoor activities, low energy use, kayaking, and surfboarding.



### Food

Dine at Koh Mak Farm that uses vegetables from the backyard and cuts down on imports of outside ingredients.



### Waste Management




Separate waste and dispose properly.



### Travel

Travel with clean energy by taking a solar cell car.

## Carbon emissions

<p><i>Tie-dye workshop</i></p>  <p><b>1.4589</b> kgCO<sub>2</sub>eq</p>	<p><i>Coral reef growing</i></p>  <p><b>1.023</b> kgCO<sub>2</sub>eq</p>	<p><i>SUP Board</i></p>  <p><b>0</b> kgCO<sub>2</sub>eq</p>
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### General Route

Total carbon emission  
**128.196** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**69.4563** kgCO<sub>2</sub>eq

**Average emission per person : 6.9456 kgCO<sub>2</sub>eq**



### Recommended accommodation

Koh Mak Resort : 089 600 9597

Seavana Beach Resort Koh Mak : 090 864 5646



### Contact

Koh Mak Farm

Coordinator name : Khun Warisara Ariyawongpreecha

Phone/Mobile phone : 097 946 2641



# History

## *Route*

Engage with local history and become familiar with the community's culture. Appreciate the art and architecture that take you back through time. Become aware of responsible travel and the need to conserve the in valuable cultural heritage.

# History Destination

## **Nan Old Town**

Nan

## **Phetchaburi Old Town**

Phetchaburi

## **Takua Pa Old Town**

Phang Nga

## **Phuket Old Town**

Phuket

# History

## Route

### Nan Old Town

#### Nan

Get back in time to see the charm of this old city “Nan” through the arts, culture, and architecture of Wiang Kao with amazing transportation that allows you to enjoy the moment longer. Say no to driving a car to take a tram along the route to “indulge in the history of the old city of Nan” and enjoy stories from the local people in their way of living and the key topic, “How Nan became one of the top 100 sustainable tourist destinations in the world”. Spend a little more time and live slowly in a nice atmosphere here. Pay respect to Phra That Chae Haeng and walk along the way to Klang Wiang. Stay focused and look into the magic picture of Pu Man Ya Man in Wat Phumin. Learn about the culture through sarongs, black tattoos, and the 100-year-old deportment of people. Explore nearby attractions such as Wat Chang Kham and the Nan National Museum. Let the sunlight shine in your fantastic photo with the plumeria arch. During evening time, cross over to the walking street as well as carrying reusable containers or cloth bags to find delicious food, and take a good time and enjoy slow life activities in front of Wat Phumin.





## Nan Old Town

"Indulge in the history of the old city of Nan."



### Highlight Activities



Enjoy the murals "whispering love and happiness" at Wat Phumin.



Visit the Nan National Museum and take a photo with the plumeria tunnel.



Make traditional carving and perform a ceremony to prolong the longevity.



Visit Khum Chao Mekwadi.

and progress in work.

A 100-year-old Khum Chao Mekwadi, a former Rajawongse Sutthisan Na Nan's residence. Learn about history through architecture and ancient artifacts. Make a wonderful flower arrangement (Flower in Cones) activities as well as eating snacks, Aou snacks, and herbal drinks.



At the city, visit Wat Phra That Chang Kham Worawihan. Worship of Buddha Nantaburi Sri Sakyamuni with beautiful flowers that you have made with heart. Admire the Buddha relics surrounded by elephants, similar in appearance to Sukhothai that show the close relationship between these two old towns.

### Schedule

#### Morning

Start the day with auspiciousness, especially for the people who have a birth year of the rabbit by going up the Naga stairs to see the top view of Nan city from a high angle to pay respect to Phra That Chae Haeng. It is believed that if you come to pay respect once, it will lead to a happy life, free from disease

## Lunch

Enjoy the full course of Royal Nan cuisine, the authentic recipe for the ruler of Nan. Famous dishes such as Chicken Ma Kuean, Nam Prik Ong, stir-fried vegetables, and other famous local dishes



## Afternoon

Visit Nan National Museum, a place to showcase the way of life, traditions, and culture of various tribes of the province including antiques found in the area. Entertain you with the 'Unseen Thailand' attraction such as Wat Noi, the smallest temple in Nan, located in the same area.

Stare the most romantic scene when the soft light of the sun shines slowly to the tree plumeria tunnel, where white flowers are blooming beautifully in front of the museum along the way. The eye-catching beauty lies in the branches that curve together like a tunnel. Take your good time for shooting the best photo to your loved one. Allow yourself to see the stunning historical temple on the opposite side of Wat Chang Kham. See the beautiful dimension of its architecture that called your camera to snap again.



Know Nan more through the painting wall of Wat Phumin. Pay respect to the 4 main Buddha images in the attitude of subduing Mara, facing the door in all 4 directions. Take time to find a picture of the whispering love and happiness of Grandfather and Grandma Man Family. Enjoy the tales of Buddhist Jataka, folk legends, and the way of life of the Nan people in the past in the amazing aspect.



## Low-carbon concept



### Energy consumption

Ride a low-powered tourist tram and tour the old neighborhoods by listening to stories. Worship both outdoors and inside the temple without consuming energy.



### Waste Management




Make a flower cone activity and pay respect to Buddha images using materials that are easily biodegradable.



### Travel

Walk by foot at Wiang Kao, Wat Phumin, Wat Phra That Chang Kham, Nan National Museum, and walking street.

## Carbon Emissions

Green Worship	Suay-Dok Workshop	Walking tour
		
<b>1.4589</b> kgCO <sub>2</sub> eq	<b>1.962</b> kgCO <sub>2</sub> eq	<b>0</b> kgCO <sub>2</sub> eq



### General Route

Total carbon emission  
**158.0095** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**65.1383** kgCO<sub>2</sub>eq

**Average emission per person : 6.5138 kgCO<sub>2</sub>eq**



### Recommended Accommodation

Nan Boutique Hotel & Resort : 054 775 532

Nan Nirun Resort : 081 913 3932



### Contact

Nai Wiang Sub-district Community Tourism Association

Coordinator name : Khun Chutima Na Nan

Phone/Mobile phone : 064 619 5716

# History

## Route

### Takua Pa Old Town

Phang Nga

Apart from the highlight of this city, the nice blue and green sea with the ocean waves, you can also enjoy a small community called "Takola" or "Takuapa" which is a former prosperous mining town on the Andaman side. It still retains its identity and traces of the former wealth through the unique architectural building like colorful Sino-Portuguese-style houses and two-storey townhouses that were mixed with Chinese culture, Hokkien, and Peranakan. Explore their living culture and unique taste of food from the descendants of Baba-Yaya and Takuapa residents. "Adventurous Hero" guides you to immerse yourself in the history through costumes, food, and shops, including ancient buildings on the main road of Takuapa, including a watch repair shop, barber shop, batik shop, and bridal dress shop. Take a stroll and worship at the respectful shrine. Learn how to cook authentic sweets. Then, lower your energy to relax and take a photo with street art along the alley under the curved roof of the shophouse that connects the front of the house.

ศาลเจ้าพ่อกวนอู

(จีนเซตง)

อ.ตะกั่วป่า จ.พังงา

廟山風飛



## History Route

# Takua Pa Old Town

"Swing your day with myths of the old town and enjoy an amazing culture of Peranakan Culture at Takuapa."



### Highlight Activities



Enjoy sightseeing through the old Sino-Portuguese buildings.



Learn about the Baba or Peranakan people.



Pay respect to the shrine of Guan Yu (Aam Tai).



Pay respect to Thai Buddha at Wat Senanuch Rangsan.

Let yourself enjoy an impressive activity with local partners in cooking activities and traditional Takola desserts making. Almost all desserts are made with care and full of hidden messages of good fortune. It is also made from local ingredients. Then, enjoy the cooking class by choosing your favorite menu such as fried Hokkien noodle, Phuket shrimp paste with shallots and chilli, and a cupcake sprinkled with fried onion.

### Schedule

#### Morning

Start your good day at Guan Yu Shrine worshipping the godfather of Guan Yu, a sacred statue that Thai-Chinese people in the old city of Takuapa have always come and paid respect to for more than 175 years. Meet the guides in local costumes with interesting and fun facts and let you explore the city.



Takua Pa Old Town, Phang Nga

Hero Low Carbon

## Lunch

Enjoy your special meal which you have cooked yourself.

## Afternoon

Explore the Peranakan culture in the past at the Andaman Baba Club. Have fun with the tales of "Baba", a child born to a Chinese father and a Malay mother who has been in the area for a long time. Put on a signature Yaya costume by wearing a V-neck with lace embellishments on the sleeves, neck, and waist, plus pairing them up with brightly colored Indonesian batik sarongs. And, take an amazing shot while walking along the old town road.



Walk along the Sri Takuapa Road and enjoy sightseeing the colorful buildings of Sino-Portuguese architecture that are narrow but deep. The front of the house has a curved roof connected to each other decorated with Chinese art stucco. Then, take the highlight 13 photos of street art along the walls and columns expressing the identity of the city, such as the image of a gliding person and a picture of a minibus with Pho Tong, among others.



Head back to the outer road to visit a top highlight spot such as worship to Wat Senanuch Rangsang and visit Tao Ming School, the first and only Chinese school in this district. Walk at Boon Sung Iron Bridge, a miner's bridge over the Takuapa river. And, buy the famous dessert products such as Kanom Tao So from mother Aree, a good product that must be on hand before going home for your loved one.



## Low-carbon concept



### Energy consumption

Mainly on foot activities, walk and talk, enjoy the stories, and dress in grandmother's dress, and make desserts which are low carbon emission.



### Waste Management

Apply a policy of sorting waste before disposal.



### Travel

"Carpool" takes a minibus to travel around the city to save the energy.

## Carbon emissions

Cooking Class



**24.9852**  
kgCO<sub>2</sub>eq

Walking Tour



**1.023**  
kgCO<sub>2</sub>eq

Sightseeing  
carpool tour



**1.6113**  
kgCO<sub>2</sub>eq



### General Route

Total carbon emission  
**157.9242** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**61.4023** kgCO<sub>2</sub>eq

Average emission per person : 6.1402 kgCO<sub>2</sub>eq



### Recommended Accommodation

Wanakarn Beach Resort & Spa : 076 584 300

Beyond Resort Khaolak : 076 592 300



### Contact

President of Takuapa Old Town Tourism Community

Coordinator name : Khun Pensri Jitprasart

Phone/Mobile phone : 096 636 1274 or 081 307 0951

# History

## Route

### Phuket Old Town

Phuket

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Phuket, one of the popular tourist destinations in Thailand with a fantastic view of the sea and its beach, historical sites, and delicious food. Super-value destination, you can enjoy all in one trip like the style of "Adventurous Hero" that allows you to wander in the famous old town and get to know Phuket culture with half Thai-Chinese people. Relish you with the tales and historical site since it was called "Thung Kha", the former Portuguese and Dutch tin trading site until now. Bring you back the time to show the exceptional architecture of buildings inspired by Sino-Portuguese design and its culture. Snap a shot and share with your friends the most highlighted landmarks of Phuket. Along the walking route, you enjoy street art works of Thai and world-class artists. Visit the ancient house to admire the atmosphere and interior. Lastly, guide you to savor the most favorite menu of Thung Kha people.





## History Route

# Phuket Old Town

"Wandering the Charming Old Town and the Tales of Thung Kha, Phuket."



### Highlight Activities



Experience the way of Baba-Nyonya. Get to know the story at the Phuket Thai Hua Museum.



Peranakannitat Museum.



Experience the traditional way of life at Eldery house.



Worship to monks at Saeng Tham Shrine, the 120th Anniversary of the city shrine.

photographs, traditions, food, dress, houses, and important people.

Learn the local wisdom and beliefs of the people of Chinese Hokkien to see how they allocate and decorate in the house aligning with their way of life at Baan Khunnithetjeenarak i46. Sip a good cup of coffee, taste snacks, and take a time to stop for a while to sit and talk with the owner of the house in a friendly way.

### Schedule

#### Morning

Being an Adventurous Hero, you experience each attraction deeper to learn and enjoy while travelling. Starting from the Phuket Thai Hua Museum to learn from the real antique object and its story. Follow an amazing highlight of the old town way of life from past to present through exhibits, books,



Phuket Old Town, Phuket

Hero Low Carbon

Time for cooking class with an authentic and local chef at house number 92. Enjoy cooking the most popular dishes and local desserts, such as Fried Hokkien noodle and Khanom Tao (Anang Ku dessert). Seek the experience of cooking with a Thai traditional charcoal stove. Then, decorate and put them in a "Pinto" or a tiffin carrier (a reusable food packaging) and ready to serve.



## Lunch

Enjoy your own unique taste of fried Hokkien noodle for your lunch.

## Afternoon

Guide you to see the culture of paying respect to Saengtham Chinese Shrine, a 100-year-old shrine, to see the murals and enjoy the stories about its history and faith of the Phuket people. Then, snap a shot as chic as you can at the street art road with the signature painting on the wall of Soi Rommanee. Enjoy both sides of the street lined with the exceptional architecture of buildings inspired by antique Sino-Portuguese design buildings. Free to visit and shop at many shops, restaurants, guest houses, and cafés.



Follow the traces of the mine at ancient smithy, the last smithy on Deebuk Road. And, burn your calories with the extreme workshop activity by learning traditional forging. Ending the day with a smile on your face.



## Low-carbon concept



### Energy consumption

Mainly on foot activities, walk and talk, enjoy the stories, and make sweets which are low carbon emission.



### Waste Management

Apply a policy of sorting waste before disposal.



### Travel

Walk and do activities in Old Phuket Town to reduce fuel consumption.

## Carbon emissions

Sipping tea



**0**  
kgCO<sub>2</sub>eq

Cooking Class



**2.7261**  
kgCO<sub>2</sub>eq

Blacksmith workshop



**10.286**  
kgCO<sub>2</sub>eq



### General Route

Total carbon emission  
**180.8069** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**45.11620** kgCO<sub>2</sub>eq

Average emission per person : 4.5116 kgCO<sub>2</sub>eq



### Recommended Accommodation

Phuket Orchid Resort & Spa : 076 358 300  
COMO Point Yamu, Phuket : 076 360 100



### Contact

Phuket Old Town Community  
Coordinator name : Khun Somyot Pathan  
Phone/Mobile phone : 084 305 3960



# History

## Route

### Phetchaburi Old Town

Phetchaburi

If you want to explore the old town that combines scenery, food, performing arts, and cultural sites, Phetchaburi old town is the one you should not miss. Asking your friends to join and share the trip is not only a nice experience but also carpool-good for the planet. It takes only 3 hours from Bangkok. Spend some time enjoying the old historic district. Immerse yourself in the traditional way of life in Phetchaburi town. Search for the glorious past of Phetchaburi town as its name in Thai means "Diamond City". Take a walk to see the past of ethnic diversity, both Thai and Chinese that have been together for a long time such as temples, shrines, vegetarian cuisines, and spectacular architecture of buildings. Then, hold hands and walk up to see the beauty of Phra Nakhon Khiri Palace. Stop by to recharge your energy with sweets while viewing art and architecture inherited from the late Ayutthaya period until it has been named as "Lively Ayutthaya that is still alive".



## History Route

# Phetchaburi Old Town

"Adventurous travel with the history of the Phetchaburi old town."



### Highlight Activities



Visit Khao Wang Historical park to see the top view of Phetchaburi city.



Learn how to perform Nang-Yai shadow play at Phlapphla Chai temple.



Visit Wat Mahathat Worawihan and see the beauty of the 5 pagodas.



Visit Wat Yai Suwannaram temple, the source of Ayutthaya art.

Get to know "Nang-Yai Shadow play", a cultural identity of the old town along the Phetchaburi River. Do creative tourism activities: stamped leather pattern paper in a frame as a souvenir. Learn and play as an actor/actress performing shadow acting behind the scenes. Wearing a traditional red dress and performing various gestures as a character in an old show play.



### Schedule

#### Morning

Start at Nang Yai Museum in Wat Phlapphla Chai, a location of a welcome point and community learning center. See art, master-class stucco work, wood carvings, and glass gilding by traditional craftsmen of Phetchaburi.

Phetchaburi Old Town, Phetchaburi

Hero Low Carbon

Worship the gilded sacred monk statue "Luang Phor Saksit" at Wat Mahathat Worawihan. Behind the pavilion, there are 5 postures made of laterite according to Khmer art. The main pagoda in the middle contains the towering Buddha's relics, visible from a distance.



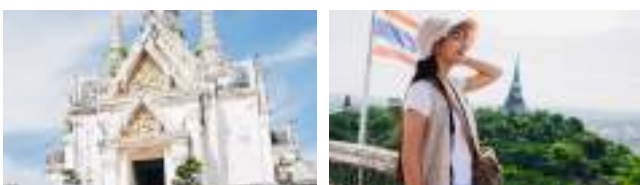
Stroll at street art from Soi Rim Nam to Panich Charoen Road. Take a photo with a picture of a well known cat named "Kang Kang", a local cat chasing a big butterfly. Explore the cultural way of life of Thai people of Chinese descent at the waterfront market community that is over 100 years old. The place is filled with ancient Thai and Chinese houses that stand out with wood stencils and western-Chinese concrete buildings. Finally, taste a famous old sweet shop.

### Lunch

Enjoy eating "Khao-Chae Phetchaburi" or rice in ice water, a Thai food served in a bowl of Benjarong to refresh your day. Scoop with reusable brass spoons that maintain the coldness of the rice in the ice water for your freshness in every bite.

### Afternoon

Sightsee and check how durable it is of Saphan Chang, the city's first bridge by your feet. This bridge was built for ages and had been proved its straight with 3 elephants. Then, walk to see the wooden houses in a Thai famous movie named "A Little Thing Called Love". Stop by a shop nearby to taste and buy sugar candies and Thai dessert "Lok-Tan-Loy-Kaew" or toddy palm fruit in syrup. Visit and learn at the creative community-based tourism center.



Time to learn about local history at Phetchaburi rivers treasures museum, a collection of antiques lost from ships that frequently capsize in the area's past; thus, diving in to find old things to keep as a nostalgic treasure.

Walk to visit Khao Wang or Phra Nakhon Khiri historical park. Admire the beauty of neo-classical architecture mixed with Chinese architecture and enjoy taking pictures of Phetchaburi's scenery before heading back.



## Low-carbon concept



### Energy consumption

Do activities that do not use energy, such as walking up the hill, walking in the old town, and listening to stories about the treasure of Phetchaburi.



### Waste Management

Use a Benjarong reusable bowl to contain the rice in ice water in order to avoid foam or plastic usage. Sorting waste before disposal



### Travel

Walk up to Khao Wang instead of using the cable car in order to reduce electricity consumption.

## Carbon emissions

<p>Nang-Yai workshop</p> <p><b>1565</b> kgCO<sub>2</sub>eq</p>	<p>Walking Tour</p> <p><b>0</b> kgCO<sub>2</sub>eq</p>	<p>sightseeing walk tour</p> <p><b>0</b> kgCO<sub>2</sub>eq</p>
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### General Route

Total carbon emission  
**135.6** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**48.6887** kgCO<sub>2</sub>eq

Average emission per person : 4.8689 kgCO<sub>2</sub>eq



### Recommended Accommodation

Tara Mantra Cha-Am Resort : 032 472 000  
Veeranda Resort & Spa : 032 709 000



### Contact

Phetchaburi Old Town along the river  
Coordinator name : Khun Romyakorn Erawan  
Phone/Mobile phone : 086 344 4418  
Facebook : เพชรเมืองเพชร



# Wellness

## *Route*

Restore happiness to your body as well as your mind.  
Immerse yourself in beautiful natural surroundings.  
Recover your bodily energy with herbal sessions based on local wisdom.  
Enjoy a perfect combination of therapy

# Wellness Destination

**Hong Hom  
Phaya Lanna**  
Chiang Rai

**AROKAYA  
Wellness Sala**  
Buriram

**Bang Namphueng,  
Bang Ko Bua**  
Samut Prakarn

**Wareerak  
Hot Spring &  
Wellness**  
Krabi

# Wellness

## Route

### Wareerak Hot Spring & Wellness

Krabi

Relieving from any worries and relaxing from soreness by hydrotherapy at Wareerak Hot Spring & Wellness, Krabi Province the wellness tourist attraction with the mineral rich hot spring that activates your blood circulation and nourishes your skin as its attractive venue. However, the pattern of this hot spring is different from the others due to its ladder shape. From this matter, the tourists will enjoy soaking in the hot spring among the pleasant greenish forest with full of shady trees, fish ponds, and herbs and vegetable gardens. Therefore this place is regarded as the real complete wellness accommodation. You will spend your precious time with the wellness program, avoid any disturbance from the others and technology. This place gives you the private area among the large forest where restricted only for the visitors.



# Wellness Route

## Wareerak Hot Spring & Wellness

"Relaxing from your soreness and being healthy at Wareerak Hot Spring & Wellness, Krabi."



### Highlight Activities



Wareerak Hot Spring & Wellness, the place will give you the underworld hot spring.



Scrub your skin with fresh Thai herbs.



Get massage with Thai herbal compress ball.



Attend underwater yoga activity.

### Schedule

#### Morning

Start your healthy day by Kinaree Long Song Spa (Wareerak Signature Full Day Program). To attend this program, you need to wear tube skirt or fisherman pant and then do Thai yoga stretching which applied from Thai hermit exercise and classical Thai southern dance style (Kinaree) postures in order to warm up and be familiar with higher temperature before dipping

into the hot spring.

Scrub your skin with Thai Herbal Scrub from the local herb garden that harvested day by day. These herbs have very good scent and herbal medicine properties such as turmeric, ripe tamarind, lime, cucumber, grist, yogurt, and coconut oil to moisten your skin after the hot spring. Your skin will be brightened and softened up all day long. your skin after the hot spring. Your skin will be brightened and softened up all day long.



Hot spring hydrotherapy is the treatment to relax your soreness by heat and mineral from the nature. This hot spring contains a lot of precious and drinkable minerals without hazardous substances and sulfur tang. It also provides you great immunity, relieves depressive disorder, and relaxes your body and mind to have a very good sleep.



## Lunch

Enjoy your healthy lunch with the main ingredients like vegetable and fish.

## Afternoon

Do your meditation and fortify your muscle flexibility by water yoga during changing between hot and cold ponds. It will be done to balance your body temperature step by step following the suggestions closely to have the effective treatment.



Neck, shoulders, and deltoids massage by compress ball and ending with proper Thai massage therapy from the expert therapists who put you into the relaxing and sleepy states until you forget how long goes by.

You will return home comfortably with your nourished skin.



## Low-carbon concept



### Energy consumption

Participating low energy tourism activities like soaking into the natural hot spring, massage, spa, and yoga.



### Foods

Enjoy your healthy lunch with the ingredients from vegetable to avoid meat consuming.



### Waste Management

Policy of sorting wastes before disposal.



### Travel

Walking or biking around the accommodation.

## Carbon emissions

### Herbal scrub



**1.4589**  
kgCO<sub>2</sub>eq

### Aqua yoga & massage



**1.023**  
kgCO<sub>2</sub>eq

### Herbal compress massage



**0**  
kgCO<sub>2</sub>eq



### General Route

Total carbon emission  
**152.0233** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**42.32334** kgCO<sub>2</sub>eq

**Average emission per person : 4.2323 kgCO<sub>2</sub>eq**



### Recommended Accommodation

Aonang Princeville Villa Resort and Spa : 075 637 971

Anda Dhevi Resort & Spa : 075 626 222



### Contact

Wareerak Hot Spring & Retreat Wellness

Coordinator Name : Mr. Mana Thong-Un

Phone/Mobile phone : 090 724 8693

Email : reservation@vacationvillage.co.th

Website : www.wareerak.co.th



# Wellness

## Route

### Hong Hom Phaya Lanna

Chiang Rai

Lanna Territory is well-known as the venue of traditional science from various races and everlasting history. From this matter, the locals are expert in recording collection of formulas or recipes which have been handed down through the generations especially disease treatment science. Hong Hom Phaya is the treatment center which adapted Lanna Territory folk medical science to take care everyone's health and linked with the local herbs through traditional wisdoms such as massage, medical herbs grilling, footbath therapy, hammer massage, herbal steam in wicker basket, and heat trampling massage. However, the patients will be asked and diagnosed before the treatment in order to know the proper therapy. This venue is also considered as the local hospital and healthcare center to pass on any knowledge for the residents within Nanglae Sub-District. This place is surrounded with open-air atmosphere and flowery scent like the manners of the ancients without any elegances but everyone can be treated with reasonable price services.





# Wellness Route

## Hong Hom Phaya Lanna

"Fulfill your physical and mind power from Hong Hom Phaya, the healthy knowledge learning pharmacy center within Chiang Rai."



### Highlight Activities



Lanna traditional hammer massage.



Heated trampling massage.



Herbal footbath therapy.



Herbal steam in wicker basket.

### Schedule

#### Morning

Welcome to Hong Hom Phaya, this place will serve you the herbal tea among the pleasant nature while listening to the ideas of assisting society by passing on Lanna Territory treatment wisdom from the temple to the community, eventually becoming a local hospital, museum of wisdom as well as a way of life.

Learning about the local herbs: these kinds of herb have various health treatment and body care properties. Moreover, they could be used to treat the patients as the traditional style and to avoid the antibiotics which processed from complicated process. Then the more the patients take the more waste production, which is bad for health and for the environment.



If you are familiar with Thai massage and unfamiliar with heat, we suggest you to treat with hammer massage, the local treatment wisdom that the practitioner will gently hammer on your skin with a wooden nail

Hong Hom Phaya Lanna, Chiang Rai

Hero Low Carbon

to relieve any office syndrome and ache symptoms. The hammer massage can relieve stiff ligaments and muscles from long work or travel.



Lanna ancients once believed that fire can be used to relieve any sicknesses. From this matter, heated trampling massage is the application of heat to relax muscles by the expert traditional therapists. They will soak their feet into Bengal root oil and then trampling on Khang (hot pan) or heated plow before trampling on the patients' body to relieve any pains and aches. From this step, heat will absorb herbal substances into your skin easily and effectively.



Your blood circulation can be activated by herbal steam in wicker basket. This treatment is like sauna but you need to seat on the chair in the wicker basket. Herbal pot will be placed under the basket. You need to cover with the soaked blanket and seat in the steam for only 10-15 minutes to feel relieved.



Shopping from Nanglae Local Market: besides the very delicious and well-known pineapples, we also have high quality pineapple processed detergent without any chemical diluted substances to harm the environment as well as to help the farmers.



## Low-carbon concept



### Energy consumption

Participating low energy tourism activities without electric energy usage from open-air buildings and healthy activities.



### Waste Management

Reducing any consumable materials as well as transportation by using local herbal and biodegradable materials. We have a single use policy to reduce plastic materials.

## Carbon emissions

<p><i>Hammer massage</i></p> <p><b>0</b> kgCO<sub>2</sub>eq</p>	<p><i>Thai Fire massage</i></p> <p><b>3.7893</b> kgCO<sub>2</sub>eq</p>	<p><i>Chicken Coop sauna</i></p> <p><b>3.4637</b> kgCO<sub>2</sub>eq</p>
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### General Route

Total carbon emission  
**187.305** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**36.325** kgCO<sub>2</sub>eq

**Average emission per person : 3.6325 kgCO<sub>2</sub>eq**



### Recommended Accommodation

Imperial River House Resort Chiang Rai : 053 750 830  
Le Meridien Chiang Rai Resort : 053 603 333



### Contact

Coordinator Name : Bhutanese monk (Phra Oat)  
Phone/Mobile phone : 089 043 6045  
Facebook : โฉงออบพญา  
Line ID : acidoat

# Wellness

## Route

### **Bang Namphueng, Bang Ko Bua**

Samut Prakarn

You can take a deep breath at the place called “Lung of Bangkok” like Bang Namphueng – Bang Ko Bua, Samut Prakan Province. You do not need to have any complex plans, just leave your car at home to save the gas and travel with public transport for only 1 hour to this relaxing greenish forest. This venue meets the demands of everyone who concerns about their health. You can meet the locals talk about their wellness and good living in nature that conservation needs to be concerned. Moreover, the locals will share the visitors about their healthcare tips through ecotourism. Besides the information sharing, you can exercise among the amusing atmosphere and also enjoy the good and creative meals from the local ingredients. You will get happier and know how to love yourself within only 1 day from this place.



# Wellness Route

## Bang Namphueng - Bang Ko Bua

"Taking a deep fresh air breath at the big forest nearby Bangkok, Bang Namphueng - Bang Ko Bua."



### Highlight Activities



Visiting stingless bee farm and processed honey soap processes.



Sailing through the canal and tree tunnel for viewing Bang Ko Bua residents' way of life.



Learning how to Thai massage by herbal compress ball.



Cycling among the pure atmosphere.

and enjoy delicious snacks and high quality and valuable stingless bee honey. Then you can buy processed honey and local farm products.

Hammer massage therapy, the local wisdom that the therapist will gently hammer your skin with a little wooden pin to relieve any aches, stiffness, or fatigued ligament and muscle.

### Schedule

#### Morning

Start your day at Bang Namphueng Community. You will visit stingless bee farm, small and good-natured bees that give many benefits for both human and plants such as for making medicine substances, soaps, or cosmetics as well as increasing farmer productivity. After that you will relax with refreshing lemonade



Bang Namphueng – Bang Ko Bua, Samut Prakarn

Hero Low Carbon

Cycling for sightseeing around the various interesting ecosystem at Bangkrachao river bend where people will purify their lungs from the tree shades. You will ride your favorite bike to everywhere and will rest anywhere you need, do not need to hurry, sip some refreshing water and ride to the other chilled atmosphere.

## Lunch

Enjoy your local meal at the Bangkrachao river bend. You will be surprised from some exciting menus that you might never have them before like Nipa Palm Fruit Mussaman Curry, Sweet and Salty Fresh Mackerel Stew, and Catfish and Noni Leaves Curry.



## Afternoon

You will relax from a long travel with herbal footbath spa from 7 local herbs like turmeric, lemongrass, bergamot, and soap pod. These herbs will mix with bathing water to relieve and relax any stiffness. Moreover, do not miss the local unique and delicious dish like herbal lotus blossom petal wrapped.



Sailing through Khlong Pe Canal and Nipa Palm forest tunnel among the pleasant atmosphere and then listening to the history of Bang Ko Bua residents whose lives have been linked with river for such a long time. You will also enjoy the scenery from the both sides of the canal, mild sunlight that passes through the tree leaves and after the final destination, you will say goodbye with joy and pleasure.



## Low-carbon concept



### Energy consumption

Participating low energy tourism activities like visiting stingless bee farm, footbath spa, and learning how to massage therapy by herbal compress ball.



### Foods

Having your meal from the local ingredients and herbal lotus blossom petal wrapped from the local kitchen garden.



### Waste Management

We have a policy to use natural biodegradable and long-life materials like grains compress ball.



### Travel

Cycling and sailing to save the gasoline.

## Carbon emissions

<p>Apiculture Tour</p> <p><b>0.5384</b> kgCO<sub>2</sub>eq</p>	<p>Kayaking</p> <p><b>0</b> kgCO<sub>2</sub>eq</p>	<p>Cycling</p> <p><b>7.496</b> kgCO<sub>2</sub>eq</p>
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### General Route

Total carbon emission  
**163.8440** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**67.28824** kgCO<sub>2</sub>eq

**Average emission per person : 6.7288 kgCO<sub>2</sub>eq**



### Recommended Accommodation

The Color Living Hotel : 02 759 6565

Le Méridien Suvarnabhumi : 044 634 901



### Contact

Bang Ko Bua Sub-District Community-Based Tourism Club  
Phone/Mobile phone : 090 986 7987

Bang Namphueng Sub-District Community-Based Tourism Club  
Phone/Mobile phone : 099 218 9858

# Wellness

## Route

### AROKAYA Wellness Sala

Buriram

“Healthy Hero” invites you to know about Cannabis one of the industrial crops that are being pushed into new markets for Thai farmers. Some parts of cannabis can be used in medicine and processed into food. All of this takes place at the herbal development center community enterprise, Play La Ploen, Buriram Province, the agricultural tourism and a herbal development center as a model for producing and disseminating cannabis cultivation knowledge to those with a keen interest. Moreover, Play La Ploen Community Enterprise is also a holistic health center that offers Thai traditional medicine, Chinese traditional medicine, an integrated treatment plan, physical and mental rehabilitative services at AROKAYA Wellness Sala utilizing nontoxic herbs and vegetables from the community's planting sites in the surrounding area as well as providing security and revenue for a sustainable society while restoring the environment.



# Wellness Route

## AROKAYA Wellness Sala

"Fulfill your wellness with cannabis at Play La Ploen as an optional healthy treatment ."



### Highlight Activities



Learning how to plant cannabis.



Cannabis process activity.



Body treatment and healthcare activity.



Cannabis medical procedure.

### Schedule

#### Morning

After arriving at Play La Ploen, you will enjoy with learning and therapy knowledge. The entrance will be at Lae Dao Café. After that, refreshing herbal juice will be served and you will be in a dreamy state among the pleasant café which decorated to serve the photography lovers.

Thai public health could be viewed over the time through traditional Thai medicine, immunology, and wellness exhibitions to portrait the background of Thai herbal medicine and health care. These matters focus on self-applicable medicine taking as well as cannabis medicine formulas.



You will visit the close system medical cannabis lab of Play La Ploen Community Enterprise, the first permitted medical cannabis lab to provide cannabis medicine to hospitals. You will also learn about entire standard control processes; pre-planting as well as environment, water, light, and air conditions control process in order to have the best quality products.

AROKAYA Wellness Sala, Buriram

Hero Low Carbon



We believe that our body is a part of nature then you will be introduced to know about the natural treatment at AROKAYA Wellness Sala, the healthcare center that mainly provides natural medicines and products and integrates with various sciences as the optional medication to serve physical and mental balances.

You will relax your body and mind at AKAYA multi clinic. You can choose proper physical treatment programs like massages or medical procedures such as facial mud, stepping on bricks therapy, herbal footbath, herbal steam bath, and upper body (neck, shoulders, and deltoids) massage.



Making cannabis ointment from concentrated cannabis extract and will be diluted to have medicine substance and any other products. The general benefit of cannabis ointment is to relieve chronic aches, nourish health condition, and relieve any anxieties.



### Lunch

You will have lunch at Play La Pirom dining room. The menus will be healthy recipes with proper portion of the organic cannabis substances from the professional chefs.

### Afternoon

You can buy unlocked (permitted) cannabis products from the souvenir shop. There are various kinds of community product like garments, foodstuffs, and cannabis products like cosmetics, massage balm, herbal compress ball, and Terpene perfume which labeled AKAYA and Cann & Coop.

After finishing all activities, you will return home safe and sound.



## Low-carbon concept



### Energy consumption

Participating low energy tourism activities from cannabis planting and massage therapy learning.



### Waste Management

We have proper waste sorting and disposal.

## Carbon emissions

<p>Herbal farm Tour</p> <p><b>0.2499</b> kgCO<sub>2</sub>eq</p>	<p>Thai massage</p> <p><b>1.9406</b> kgCO<sub>2</sub>eq</p>	<p>Cannabis oil workshop</p> <p><b>2.4942</b> kgCO<sub>2</sub>eq</p>
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### General Route

Total carbon emission  
**168.7350** kgCO<sub>2</sub>eq



### Low Carbon Route

Total carbon emission  
**59.43055** kgCO<sub>2</sub>eq

Average emission per person : 5.9431 kgCO<sub>2</sub>eq



### Recommended Accommodation

Play La Ploen Boutique Resort : 087 798 1039

Cresco Burisam : 044 634 901



### Contact

Play La Ploen Herbs Development Center Community Enterprise

Coordinator Name : Mr. Phawantee Sinthaisong

Phone/Mobile phone : 092 504 2565

Facebook : วิสาหกิจพัฒนาพืช

# Low Carbon Tourism Experiences Providers

No.	Tour Agency / DMC	Phone Number	Website	Email	Province
1	POSITIVE GROUP Co., Ltd.	086 918 9897	guideguru.live	-	Chiang Rai
2	KAN ZOLVE Co., Ltd.	086 322 4747	pareetravel.com	-	Nan
3	Global Holiday Co., Ltd.	089 171 9835	globalholidayth.com	-	Loei
4	Mike Team Tour International Co., Ltd.	095 653 9645	miketeamtour.com	miketeamtour99@gmail.com	Buriram
5	TKT ECO TOUR Co., Ltd.	02 278 0225	facebook.com/trekkingthai	Domestic@trekkingthai.com	Samut Prakarn
6	Jumbo Journey & Events Co., Ltd.	081 857 2623	jumboriverkwai.com	-	Kanchanaburi
7	Kobtrekking Part., Ltd.	081 736 8981	-	kobtrekking@gmail.com	Phetchaburi
8	Bike And Travel Co., Ltd.	099 226 6146	facebook.com/ritbicycle	biketraelthailand@gmail.com	Prachuap Khiri Khan
9	Phuket Adventure Park Co., Ltd.	082 824 4615	-	jangtawan@gmail.com	Phuket
10	Trunk Travel Co., Ltd.	089 989 8188	trunk-travel.com	-	Trang





# ***" Hero Low Carbon "***

Tourism Authority of Thailand