



CREATIVE
TOURISM
DISTRICT
THAILAND
Nan

Nature

*More Travel,
More Fun,
Lasting Friendships*

Trip 1



Nature

The way of the forest, that is the harmony, peace, and the interdependence of the flora and fauna that reside in it, supplemented with its greenness, fresh air, and year-round cool climate, provides pleasure to both the eyes and the mind, and health to all lives associated to it. Everything mentioned here can be fully experienced at Maniphreuk, a small village, that holds onto so many good things in the mountaintop.

The scenery of the verdant mountain range and cabbage farm are my first impressions, besides its cold weather throughout the year of Maniphreuk, once named 'Chong Pha' or 'Chong Phai' given as gifts. Our first stopover will be Mr. Rong Kluai's house, local sage who would make us truly understand the identity of Maniphreuk, who welcomed us with lunch, simple yet infused with friendship. The highlight of the visit to Maniphreuk is the indulgence in the geisha of Maniphreuk, Ethiopian Arabica under the De Hmong Coffee brand, offered as either dry or honeyed. The aroma of the best of coffee alone can induce goosebumps in connoisseurs of drip brewed coffee. The beans of this geisha coffee are different from other coffee, being large and long with a slender appearance. Another difference is that only the firm fully ripe beans with an appealing red colors are harvested. Our path to the discovery of this geisha coffee is sprinkled with the liveliness of the natural forest. The ascent being a little sloped and a challenge to the hamstrings, we took our time. Breathing in the clean and cool air at the mountain peak and simultaneously opening our eyes to the greenness in every direction is a simple happiness that Maniphreuk people find every day, yet so distant from the urban population like us.



"Maniphreuk coffee plantation"



"Maniphreuk Village"

Returning from the forest, now it is the time we have been waiting for. While concentrating on the coffee taking its time to drip, another happiness you can sense is the background story behind the aromatic scent, and the gentle intensity of the beverage in front. Each coffee bean contained in the jars is fully equipped with determination to simultaneously conserve the forest and creating jobs for the locals to develop their quality of life. Because coffee is a crop that has to be grown in conjunction with other large plants, so the prerequisite of growing coffee is to grow other fruit crops first. So in this coffee plantation you can find wild banana, macadamia nut, durian, avocado, and lime, the will take turn producing alternative incomes. Furthermore, the coffee is grown without the help of any chemicals, making it a coffee for true forest lovers. You will feel energized as you sip the coffee, ultimately the best in both its price and world-class quality, also making you realize that you also have a small contribution to conservation of the forest. This is true satisfaction.

After we put on the hat of a coffee farmer, now it's time to partake in true Hmong culture in our next items in program. Here will learn embroidery with Ms. Mai's Hmong Embroidery, and then we will go to Mr. Somsak's 'kanchong' fabric. After that, with the clear sounds of the 'khaen' in the mountain, we will proceed to try our hands on knife making at Mr Chang Tong's place. The climax here will be the coffee roasting workshop considered to be a true crafted coffee, being roasted entire by hands. Barbeques will be served for dinner amidst the sceneries of the coffee plantation viewed from lodging house froth lawn. It doesn't end here, as the night sky will be overfilled with stars and the Milky Way like you have never seen before in your lifetime.



"Making knife by yourself"



"Full of Fresh fruits at Maniphreuk during winter"



"Pha Phueng cave"

The spirit of an adventurer awaits us the next morning at Doi Pha Phueng peak. The morning will open with a sea of mist waves concealing the entire valley, followed by the beauty of Pha Phueng cave, where the best time of visit will be just when the sunlight is shining through the cave entrance. The real scene will be worth every bit of effort to travel there. Along the way towards the cave entrance, the path was lined with many 'tao rong' trees in the unspoiled forest, where you could fill your lungs and stock up on with fresh and clean air as much as you wish. The trip will end by saying goodbye to our new friends here with a promise that we will be back again during late winter in February, when the beauty of Maniphreuk would be augmented by 'siao' flowers, wild Himalayan cherry blossoms, and 'chomphu phu kha' flowers, in which can be found blooming in Maniphreuk more than in Doi Phu Kha. Winter crops like persimmon, strawberry, peach, and pear, would be producing fruits for you to admire and taste. From the mountaintop, we will head to view the golden rice paddy field of Amphoe Pua. Since it's our last destination, let's let the time flow and just plant ourselves here with iced cold coffee and the gentle breezes in the middle of the rice field under no time pressure.



Contacts for tourism:

Rong Khluai – Tel: 062 248 5018
Mr. Tam



Best time to travel:

Cool weather all year round. However, winter will be abundant with winter crops like strawberry, peach, persimmon, lychee, and peach, which you can see and taste. If you prefer the beauty of flowers, you can't miss visiting Maniphruet during February when the entire area would be ubiquitous with blooming 'siao' flowers, peach flowers, wild Himalayan cherry blossoms, and 'chomphu phu kha' flowers.



Preparations:

Jacker, trousers, sneakers, long socks, camera and tripod for the Milky Way, and mosquito spray



Values and impressions gained:

You will learn how people and forest can live together sustainably, experiencing the unique culture of the minorities through the stories of Hmong embroidery, 'kaen,' and knife making. While you are indulging in nature, you will find unforgettable peace in another corner of your life.

Directions:



From Amphoe Pua, enter Amphoe Chiang Klang at Ban Na Nun between 79-, to 89-kilometer stones, then turn left to Rural Road No. 4023 for approximately 16 kilometers to Ban Kok. It's a path ascending the mountain towards Maniphruet Village. Travelling by a four-wheel drive vehicle is recommended.

Target audience:



Nature tourists who love experiencing fresh air, pristine nature, sea of mist, and flowers, allured by traveling and discovering virgin and unadulterated lands and bits of challenges during their trips. Coffee connoisseurs must not miss out on their chance to indulge in the world-class coffee right at its source. It's guaranteed that sipping a cup of warm drip brewed geisha coffee amidst the cool weather and pretty scenery at the mountaintop will become of your most impressed moment of your lifetime.

Trivia:



Maniphruet is a Lua and Hmong village, once a major base of the Communist Party of Thailand, whose members turned themselves in, so it has been reestablished into a residential village for over 30 years. Today, it's an attraction with nature, history, culture, agriculture to offer.

Activities with local communities:



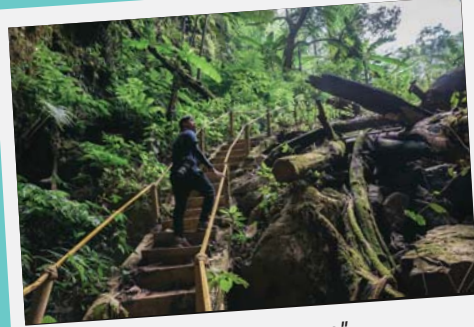
Learning about organic agriculture and sustainable forest conservation through the coffee supply chain from its plantation to roasting workshop, and tasting it.

Learning Hmong embroidery
Making knife by yourself



Tourist attractions:

- Doi Pha Phueng: mountaintop that can be easily conquered by a four-wheel drive, and at the end of a 200-meter footpath, sea of mist, cold weather, and pristine forest wait as tokens to those who conquered.
- Pha Phueng cave: used as bunker in the past, how considered as an uncharted attraction with stalagmites and stalactites, beautiful stone cascades, and sound of stream flowing underground towards the inside of the cave just where light shines down.
- Traditional coffee roasting workshop: the source of Maniphruék coffee is this traditional coffee roasting workshop, with each coffee bean roasted by hands, making De Hmong coffee a true crafted coffee.
- Strawberry farm: in winter, strawberries in Maniphruék boast its ripe red fruits to be picked fresh from the bushes.



"Pha Phueng cave"



"Maniphruék coffee plantation"



Souvenirs and must-haves:

- Geisha coffee



Accommodations:

- Ban Suan Kafae – a peaceful private accommodation with scenery of the coffee plantation that needs to be booked in advance, as electricity has to be generated and water prepared for the stay.
- Lodging house in forest area
- Tent
- Homestay with the local community

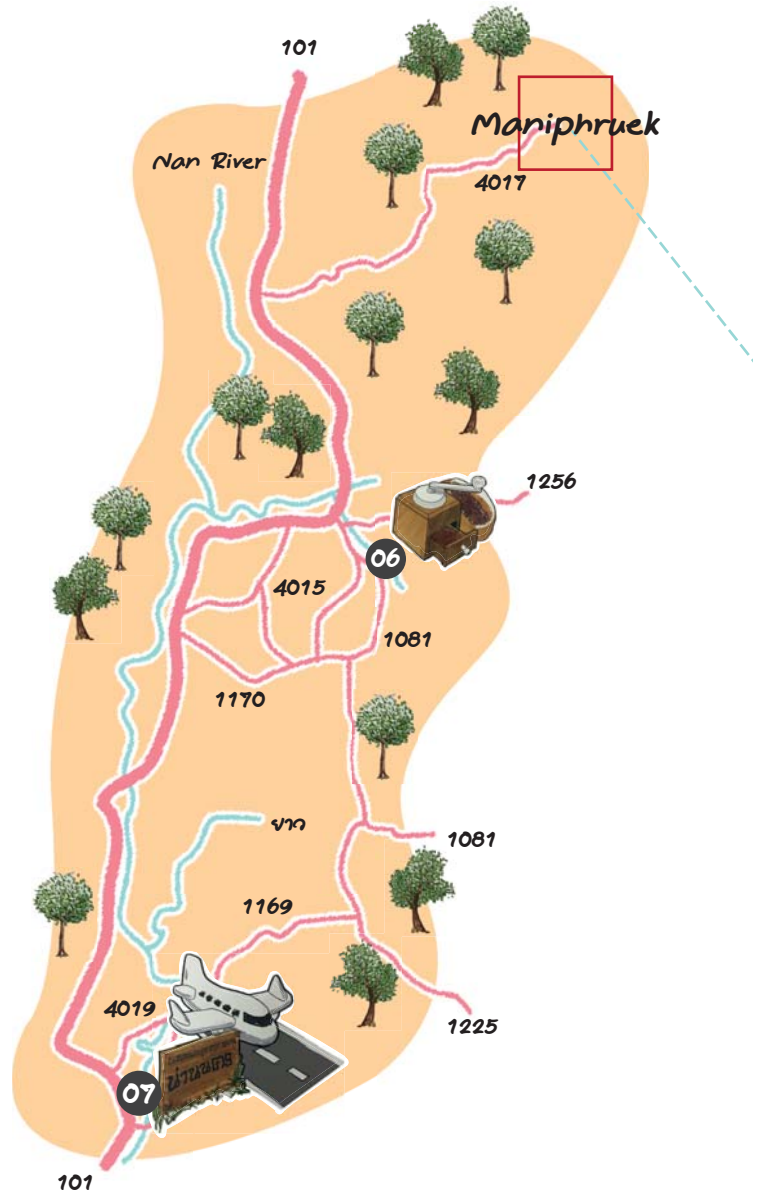


"Doi Pha Phueng"

Day 1

We will first head up the Maniphruok Village and drop by Mr. Rong Khluai's place to listen stories about and get to know the village, followed by a friendly and simple lunch. In the afternoon, we will move through the forest in search for geisha coffee of Maniphruok and agricultural products at the mountaintop, then we will return to our accommodation to reenergize ourselves with drip brewed coffee with unique taste and aroma until the sunlight softens down when we will set out to explore the village, meet with locals and observe local cultures, such as Hmong embroidery, coffee roasting workshop, and knife making. At dinner, you will be able to fill your stomach with unlimited barbecue amidst winter breezes and starry night.

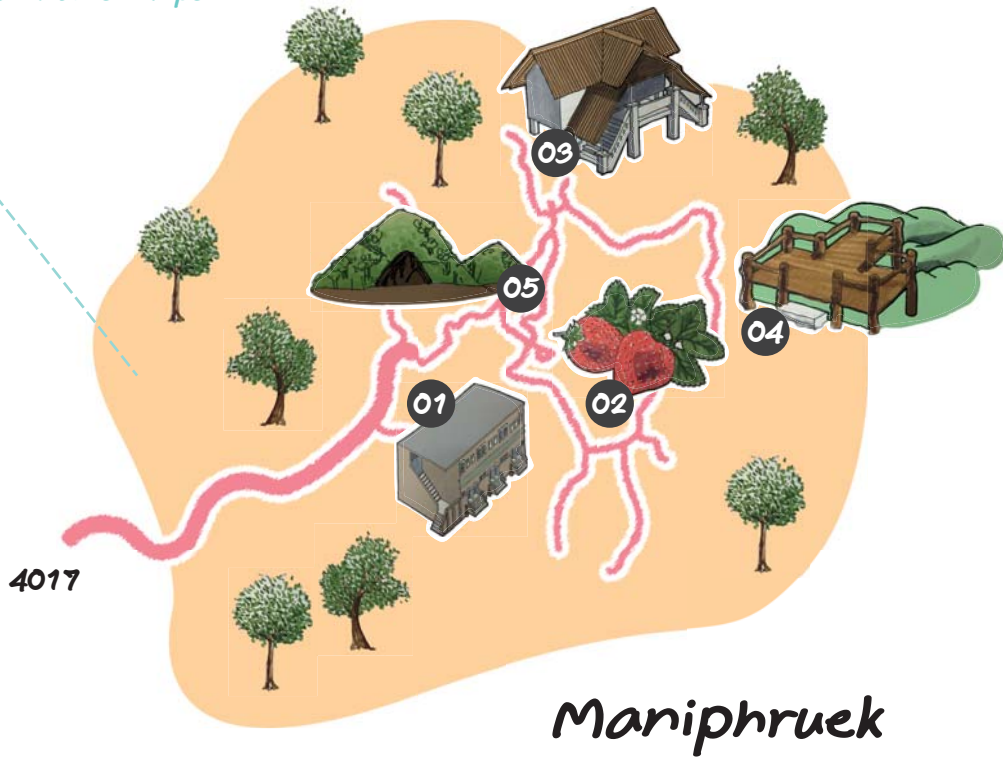
- 01 Homestay
- 02 Strawberry & Architecture farm
- 03 Maniphruok Community



From early morning, we will conquer the peak of Doi Pha Phueng to enjoy the sea of mist under the morning light, then we will return for breakfast and a large cup of geisha coffee to boost ourselves up before embarking to explore the stalagmites and stalactites of Pha Phueng cave. Then, we will go to Amphoe Pua for lunch, admire the nature in the middle of the rice paddy field at Tai Lue Café, before heading to the airport in Nan city.

Day 2

- 04 Doi Pha Phueng
- 05 Pha Phueng cave
- 06 Tai Lue Café
- 07 Nan Nakhon Airport



More Travel, More Fun, Lasting Friendships

Trip 2

Nature

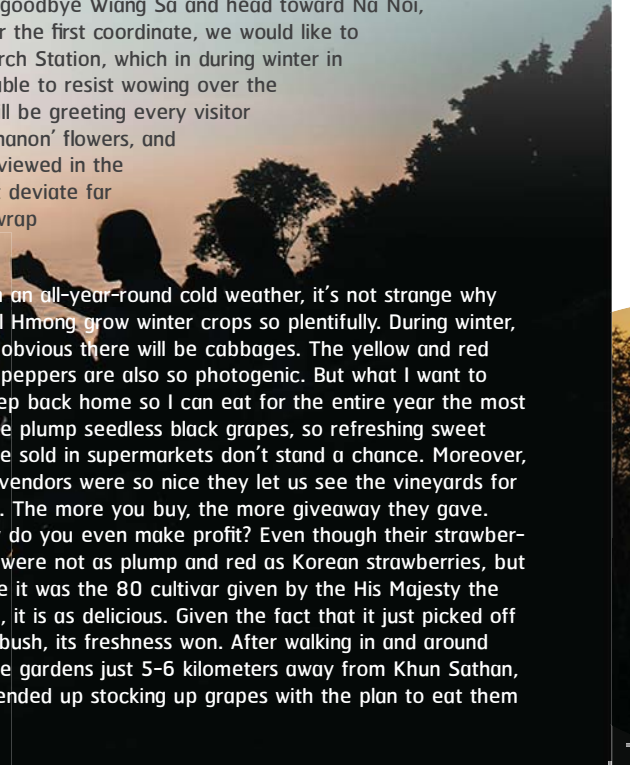
Calm, peaceful, and homey atmosphere that welcomes the guest from other localities is what's apparent from the very first footstep you lay into Amphoe Wiang Sa. In the past, if you were travelling to Nan, no matter where you were coming from, you would still have to travel via Wiang Sa, making it 'The Gate to Nan.' Nowadays that atmosphere still persist.



The first place that everyone has to go to is Bun Yuen Temple to pay respect to the faithful massive Buddha image in a standing posture. This royal temple of Wiang Sa houses an eye-catching ubosot and stupa with meticulous Lan Na art where you can enjoy in the morning. In the afternoon, we will say goodbye Wiang Sa and head toward Na Noi, where there are many objects of wonder for us to lay eyes on. For the first coordinate, we would like to fulfill our cheerfulness and delight at Ton Nam Khun Sathan Research Station, which in during winter in January at the beginning of the year like this, everyone won't be able to resist wowing over the pink color of the blooming wild Hamalayan cherry blossoms that will be greeting every visitor from every direction. Beside this beauty queen, 'ngai' flowers, 'inthanon' flowers, and maple trees are also competing to be the top rank beauty. When viewed in the context of lodging house with triangular roof, the scenery does not deviate far from ones in rural Europe. This cool weather will also force us to wrap ourselves up in winter clothes. No way I would buy a plane ticket to fly so far for such experience.



With an all-year-round cold weather, it's not strange why local Hmong grow winter crops so plentifully. During winter, it is obvious there will be cabbages. The yellow and red bell peppers are also so photogenic. But what I want to sweep back home so I can eat for the entire year the most is the plump seedless black grapes, so refreshing sweet those sold in supermarkets don't stand a chance. Moreover, the vendors were so nice they let us see the vineyards for free. The more you buy, the more giveaway they gave. How do you even make profit? Even though their strawberries were not as plump and red as Korean strawberries, but since it was the 80 cultivar given by the His Majesty the King, it is as delicious. Given the fact that it just picked off the bush, its freshness won. After walking in and around these gardens just 5-6 kilometers away from Khun Sathan, we ended up stocking up grapes with the plan to eat them

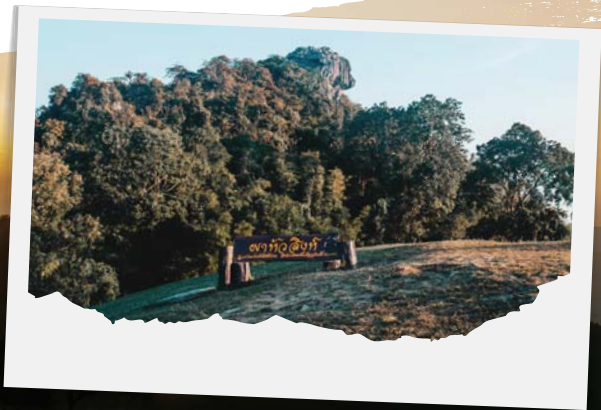


at night under the starry sky. Now, it's really time to proceed to Khun Sathan National Park, but don't be confused because it's a different place from the Ton Nam Khun Sathan Research Station, though their sceneries are as beautiful. From this point, we continued walking another 600 meters up Doi Mae Chok with an altitude of over 1,400 meters. The higher you get, the more beautiful it will be. Next morning, we were greeted with a sea of white mist covering the entire mountain range right in front of our tents. If there's a sea of mist in the morning, then during the nighttime Khun Sathan's whole sky would be brightened up with stars. When you look up, you see starry sky, when you look down you see starry ground, that would be lights from the households below. It's so romantic that if anyone has their lover along, I bet he wouldn't be able to resist proposing.

Khun Sathan still has a pristine ecosystem. Wild animals still inhabit the area, especially a herd of 50-60 deer, but you would need to be very lucky to see them. Even if you don't get to see them, Nan's attractive nature can always make up for it. We will still hang around the high ground the next day. The next place we will visit is Doi Samoe Dao. Since it wasn't very late yet when we arrived, we got to take photos of Doi Samoe Dao and Hua Sing cliff that looked like a crouching lion when the fogs still hadn't thinned away. To reach Hua Sing cliff, you would need a member of staff to guide us for our own safety, but if you conquered that, the scenery you would see is so rewarding and satisfying that you'd forget all about your way there. It's the scenery of an expanse of open grass field where the tents were set up. You could see Doi Samoe Dao from unusual angles and you could also see Chu cliff not far away. From atop the mountain, let's change our mood to experience a natural rapid at Kaeng Luang, a large islet that spanned itself across the Nan River, not far from Doi Samoe Dao. Many traveled here in search for happiness and live their lives with the river. Some were there to raft, some to view the scenery. Local villagers were there to cast their nets or their rods, or to set fish traps. I found the right moment



"Breathtaking view"



and saw them carrying many humungous fish back home. From the ice cold river, now we will change our feeling again as we arrived Sao Din Na Noi and Kok Suea, two pieces of geological wonders less than one kilometer apart. Sao Din Na Noi or Hom Chom has an area of over 50 rai with earth columns of different shapes. Some looked like rod, some like cone, and some like walls. As you keep watching, it somehow starts to resemble Cappadocia in Turkey. Another extraordinary feature is within the Sao Dai Na Noi area is 'kem nalika' grass or literally 'clock dial' grass hiding in the ground. During the drought season the grass blades would shrink and coil up into bunches, but as the rainy season approaches, the blades would rotate away from one another to bury their seed into the earth to germinate into new seedlings, which is a natural feature distinctive from any other plants. As for Kok Suea, it's a deep basin in the ground. It's got this name that means 'tiger prison' because of a tale orally passed



down that in the ancient times, there was a vicious tiger that often kill animals raised by the villages, so they worked together to chase the tiger down into this earth basin and threw all kinds of sharp spears at it that they pierce the tiger to death.

After an entire day of roaming around, let's close our program with leisure enjoying sceneries in the breeze. Even though it's leisurely, but I can tell you this will be the unmissable highlight of the trip, because it maxed out my impression gauge. The activity is the wild drongo watching cruise on a wooden boat. For the best experience, we had to embark in the evening just right before sunset. The pier was situated at Ban Kalok of 'Master Radom' who would keep providing us with knowledge and entertainment through the entire cruise. The first part of the cruise required the boat to be paddled many fish species were being conserved in the Ban Kalok area, so they must not be disturbed. When we





have moved out of the area, we could start the engine to drive the boat down the river, producing light breezes that blow into our faces. The two sides of the river were dead silent. All we could here were chirps of birds, sounds of feeble winds shaving along the boats. Master Radom pointed out Don Thong in the right hand side, the place where the local community would plant rotational crops depending on the times of the year. A little down the river, we could see people gathering to fish on boats moored to the riverbank. As I see their tranquil atmosphere all around, now I would like to volunteer as a fishing intern. Besides the beauty of the Nan River itself, Master Radom also pointed out another wonder in the night sky. Egrets flew by as congregations of nine or ten at a time, appearing as white laces threading and decorating the sky. On the other side, were bunches of drongos flying and showing off their pretty bicuspid tails at intervals.

The main highlight of this cruise is the picture of the round bright orange sun emitting its rays all over the course of the river and getting ready to disappear. Master Radom showed us towards the right the exact spot between two large trees the path that the sun would dip away from the sky. The impress that scene had on me still lasts till today. What a satisfying ending credit that I felt I could then die happily. Before we turned our boat back, Master Radom said that if it was a full moon night, we could have gone ashore at a sand bar, enjoy the current, cook some food, play some music, and stargaze for the night and return in the morning. When I listened to this, I wished it was a full moon night. On our way back, the as the right mood set in, Master Radom took out his 'pin,' a Lan Na musical instrument, and started playing relaxing music to fit in the ambience. How many times in my life would I be able to appreciate the beauty of life to such degree?



"Master Radom"



Contacts for tourism:

Wooden boat cruise, Master Radom – Tel: 085 029 8029



Best time to travel:

The weather is cool all year round. But in the winter, you will get to taste winter crops like strawberries and seedless grapes, and wild Himalayan cherry blossoms will bloom in January. If you would like to view foggy scenes, then it has to be late rainy season and early winter onwards.



Directions:

From Wiang Sa take left down the Chao Fa Road, National Highway No. 1026, for 35 kilometers to Amphoe Na Noi. Then, take right along National Highway No. 1216 for approximately another 31 kilometers and you will arrive at the provisional Khun Sathan National Park Office. To get to Doi Samoe Dao, from Amphoe Na Noi take left to Na Noi - Pang Hai Road, Provincial Highway Number 1038, for some time, and you will a sign for left turn toward Doi Samoe Dao and Hua Sing cliff. Kaeng Luang, Sao Din Na Noi, Kok Suea all are not far away from Doi Samoe Dao in the same route.



Preparations:

Jacket, trousers, sneakers, camera and tripod, food, mosquito spray



Target audience:

Nature tourists who love experiencing fresh air, pristine nature, sea of mist, and flowers. Those addicted in traveling to open up a world to fulfill their liberal spirits, not adhered to comfort. This trip is the opportunity for them to completely experience nature in every form, including mountaintop, verdant forest, white sea of mist, starry night, blossoming flowers, floral abundance, swift rapid, odd geological phenomena, and relaxing river cruise, in a cool climate that it would become one of the most impressive moment in anyone's life.



Trivia:

Na Noi is an Amphoe south of Nan city, it names literally originated from the scarce rice fields in the area. Despite this, it is full of alluring natural attractions, including Khun Sathan, Doi Samoe Dao, Hua Sing cliff, Kaeng Luang, Sao Din Na Noi, and Kok Suea. You can just indulge yourself.



Values and impressions gain:

You get to live amidst nature, severed from globalization and technology, experience the tranquility and power of cool and pleasant nature. You can refill your life power and spend time with yourself, appreciating the value of nature and stimulating the desire to conserve this beauty so to be inherited over time.





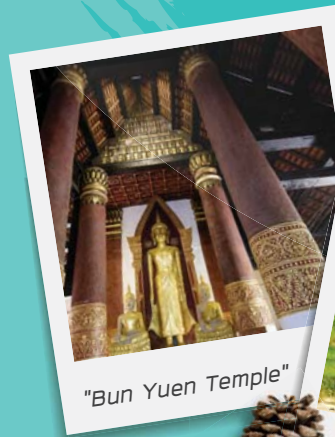
Activities with local communities:

- Wooden boat cruise down the Nan River
- Learn about grape vineyards and Hmong's winter crops



Tourist attractions:

- Bun Yuen Temple: an important temple to Wiang Sa, whose name came from the standing posture of the Buddha image in the ubosot.
- Ton Nam Khun Sathan Research Station: flower scenic spot in winter, especially wild Himalayan cherry blossoms being the main attraction.
- Khun Sathan National Park: besides the beautiful sea of mist, you can also visit Hmong village and winter crop plantations.
- Doi Samoe Dao: scenic point for gazing at stars and the Milky Way deserving its namesake.
- Hua Sing cliff: high cliff named after its resemblance of a lion stretching its head out towards the height, making it an aerial scenic spot unlike others.
- Kaeng Luang: islet in the middle of Nan River, where tourists come to raft, fish, and admire the nature and fishermen's lifestyle.
- Sao Din Na Noi: geological attraction of Nan Province, having features similar to Phae Mueang Phi of Phrae Province with stone columns and walls of various shapes.
- Kok Suea: situated not far from Sao Din Na Noi and also beholding a geological wonder, but with a different feature of being a deep basin instead.



"Bun Yuen Temple"



"Sao Din Na Noi"



"Khun Sathan National Park"



Souvenirs and must-haves:

- Seedless grapes
- Strawberries



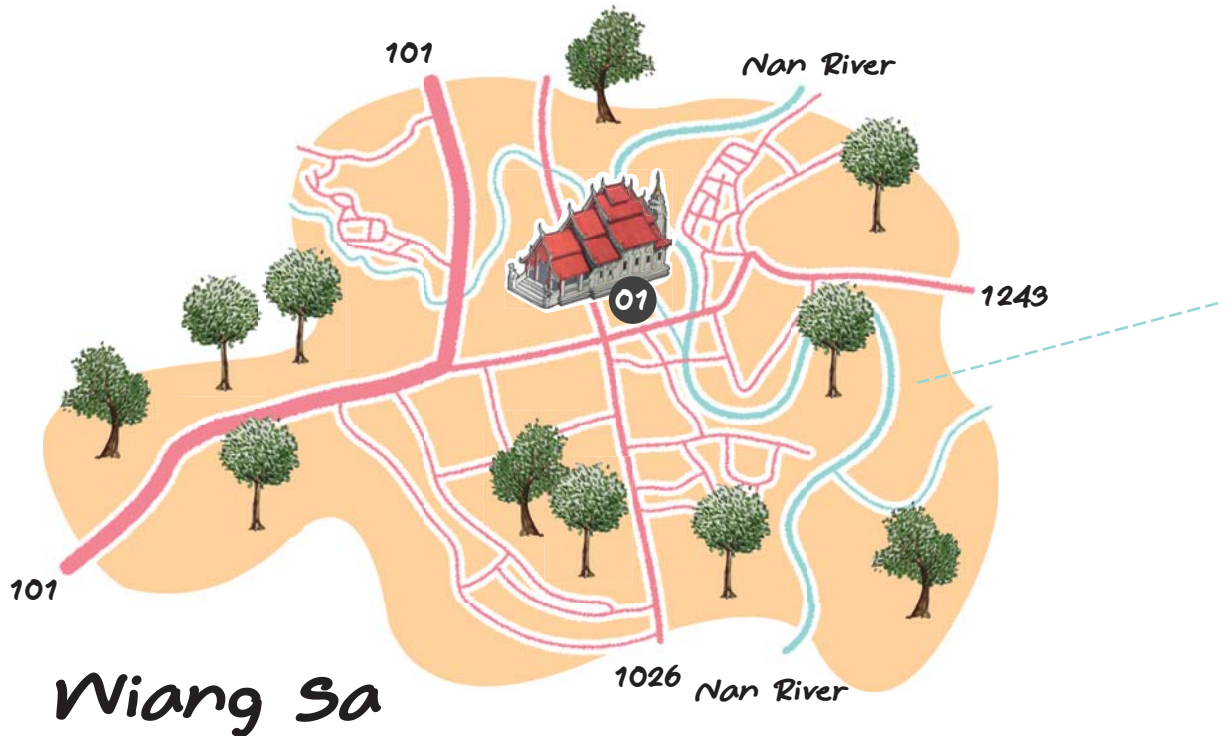
Accommodations:

- Lodging house in Khun Sathan National Park
- Campsite in Khun Sathan National Park

Day 1

We will head towards Amphoe Wiang Sa in the morning to pay respect to the principle Buddha image in standing posture at Bun Yuen Temple first, then we will go to Ton Nam Khun Sathan Research Station to admire the beauty of the blooming wild Himalayan cherry blossoms throughout winter. Next, we will move on to the seedless grape vineyards and strawberry farm where we can taste and buy them fresh off the plants. We will then soak in the natural beauty at Khun Sathan National Park, walking 600 meters to Doi Mae Chok to the campsite in wait for the Milk Way at night and the sea of mist in the morning.

- 01 *Bun Yuen Temple*
- 02 *Ton Nam Khun Sathan Research Station*
- 03 *Khun Sathan National Park*

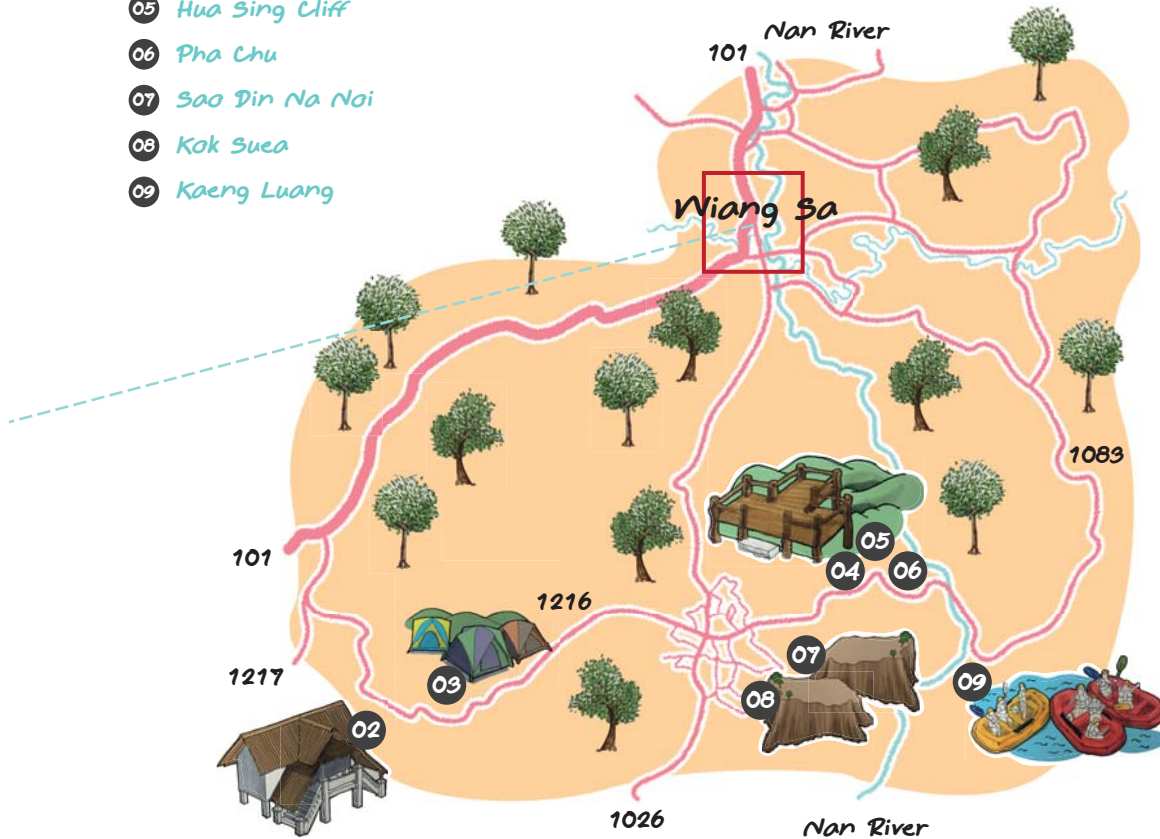


Setting out from Khun Sathan, we will head to Doi Samoe Dao in the morning. As we arrive Dao Samoe Dao and Hua Sing cliff, we will capture photos of sea of mist before it breaks up.

We will then continue to Kaeng Luang to experience the river's refreshing cold water and lives on the riverside. In the afternoon, we will move on the terrestrial natural wonder at Sao Din Na Noi and Kok Suea. We will wait till evening right before sunset to take the cruise on a wooden boat to watch the drongos.

Day 2

- 04 Doi Samoe Dao
- 05 Hua Sing Cliff
- 06 Pha Chu
- 07 Sao Din Na Noi
- 08 Kok Suea
- 09 Kaeng Luang





CREATIVE
TOURISM
DISTRICT
THAILAND
Nan



Nan

Tourism Authority of Thailand 1600 Phetchaburi Road, Makkasan, Ratchathevi, Bangkok 10400, THAILAND
Tel: 662 250 5500, TAT Contact Center: 1672