

*Wellness Stories in the city
of
Mae Hong Son*



“Mai Sung Kha O’ is a greeting that means “Sawasdi” of the Tai Yai people that is given with their smile and friendliness to tourists. This charm makes many people fall in love with this city in the mountain valley. It is a city that has the nickname of “the city of three mists” or “the Switzerland of Thailand”. The images of the surrounding mountains with white fog; the terraced green rice fields including the refreshing year-round cool climate that goes side by side with the Tai Yai architecture, which is difficult to find; people giving alms to monks on the wooden bridge that passes over rice fields invites the invigorating coolness. These impressive images will make everyone want to check in. Mae Hong Son also has numerous tourism activities including going out to admire the beauty of the natural tourist attractions, relaxing at health and wellness tourism destinations, as well as experiencing the traditional way of life of the ancient communities, and the impressive chicness of Pai. All of this is the charm of tourism that can encourage large numbers of tourists from all over the world come to visit Mae Hong Son each year. “Hop, Hom, Chom, Ton” – welcome to all tourists to “the city of three mists” ... Mae Hong Son.

Travel with happiness ... induced auspiciousness for life

Regardless of where you go, you can make merit. It is considered as a part of traveling of Thai Buddhists that creates a lot of happiness. Mae Hong Son has many auspicious locations that should be visited and not missed including Phra That Doi Kong Mu, Wat Phra Non, Wat Chong Kham-Chong Klang, Wat Faet Khu Mueang, and the Zutongpae Bridge.

Pay homage to Phra That Doi Kong Mu, the principle chedi of Mae Hong Son



Whoever comes to Mae Hong Son must pay homage to Phra That Doi Kong Mu, the primary chedi of “the city of 3 mists”, which is more than 150 years old. It is 1 of 4 Western Lanna Phra Thats, which should be paid respect for auspiciousness for life. On Doi Kong Mu, there are 2 Phra Thats: the large one built during the reign of King Rama IV that enshrines the relics of Phra Mokkalana, a disciple of the Buddha. These were invited from Moulmein, Myanmar. The small chedi was constructed by Phraya Singhanatracha, the first Governor of Mae Hong Son during the reign of King Chulalongkorn the Great (Rama V). It enshrines the relics of Phra Saribut, a disciple of the Buddha that were invited from Moulmein, Myanmar as well. For auspiciousness, pay respect to the Phra That with flowers, joss sticks, candles, and praying by circumambulating the Phra That, and lay them in front of the image of your birthday. The bonus from paying homage to the Phra That is seeing the 360-degree view of Mae Hong Son, which is one of the most beautiful views of the province. This is behind the Phra That, and in the evening of important Buddhist days, you can see hundreds of orange lanterns of faith and lights from the candles of the people circumambulating Phra That Doi Kong Mu. This is regarded as a special hundred nights that makes Mae Hong Son have an imprint on the memories of many people.



Wat Phra Non, a memorial of Mae Hong Son

When Mae Hong Son was upgraded to be a city and Phraya Singhanatracha was appointed as the first Governor of Mae Hong Son by the Governor of Chiang Mai, he constructed the principle image as Phra Non (a reclining Buddha image), the image of Tuesday that was the day that he was born. This is a memorial of the city. In the area of the temple is a museum built by Phra Nang Mia, the wife of Phraya Singhanatracha to compile the history of Mae Hong Son for future generations to study. Here Vipassana meditation is also taught to interested persons, and do not forget to notice the two large white sculpted lions standing majestically on guard by the staircase going up to pay homage to Wat Phra That Kong Mu nearby. On Khun Lumpraphat Road, there is the Phraya Singhanatracha Monument for visitors to pay respect and remember the Governor, who was full of compassion and loyalty to the country.

Wat Chong Kham - Chong Klang, Wat Faet Khu Mueang

Other sacred objects of Mae Hong Son in the heart of the city are by the edge of Nong Chong Kham, the location of the first temple of the city. This is Wat Chong Kham where Luangpho To, a Buddha image of the city, is enshrined. Regarding the twin temple “Wat Chong Klang, it is located in the same area and is where the hair relic of Phra Mai Paisan or Phra Indra is enshrined. In the temple, there is a glass painting and wooden dolls from Myanmar, stories from Vessantara and the Buddha’s life that have been brought from Myanmar since 1857. Besides the beauty of the cultural art, the 2 temples are the centres for conducting important cultural and traditional ceremonies of the people of Mae Hong Son. As the area in front of the temple connects to the Nong Chong Kham Public Park, in the evening, you can see the reflections of the 2 temples on the water. This creates a beautiful scene that is rare to see.



Zu Tong Pae ... a bridge of faith

The picture of monks walking to collect alms on a long bamboo bridge crossing over the green rice fields amidst the morning mist is a beautiful image beyond description. The Zu Tong Pae Bridge is Tai Yai language that means “bridge of successful prayers”. It was constructed from the faith of the local people. The origin of this more than 500-metre-long bridge came from the belief that if you crossed a bridge with mindfulness and then went to the temple at the end of the bridge, then Phrachao Zu Tong Pae would be enshrined there. These words would be successful. The best time to visit is during September to February of each year.



Soak up the city . . . the charm of culture

Mae Hong Son is a city that has Tai Yai and many other hill tribe people living together. As such, there are numerous cultures, and you can experience their way of life and culture up close. This is regarded as a charm that should not be missed.

A city of the famous bustling world, the Living Museum

If you would like to taste the culture of the Tai Yai people that is like nowhere else, then you must start at the Sai Yut Market that is open from dawn and stops late in the morning in accordance with its name. You must try the Tai Yai cake that in local dialect is called “ala-wa-peng-mong-suaithamin”. This is a dessert of each household. Drop by Pa Mani’s shop, an old well-known shop. From there, go to experience the way of life of numerous ethnicities at the Mae Hong Son Walking Street by the bank of Nong Chong Kham, the beautiful centre in the evening.





Ban Rak Thai

Experience the charming way of life of the Yunnanese people integrated with the year-round cool atmosphere at Ban Din because this is located at 1,776 metres above average sea level. This is where an ethnic group grows good tea, and it is a famous tourist attraction as well. Sip tea to have relief from a cold including Ching Ching Tea, Green tea, and Oolong Tea that have a good flavour and many properties that include reducing fat and cholesterol, preventing cavities, asthma, heart disease, and hypertension. Drink tea together with well-known dishes like Kha Mu-Man To, Kai Dam Tun Ya Chin that helps to increase energy, nourish the brain, and increase body heat according to the example of the Yunnanese people. Fill your stomach and then be enticed to see the atmosphere of the terraced tea plantation along the hills, or raft on the lake in the atmosphere of a Chinese village; then shop for souvenirs for health including various kinds of tea, Chinese plums, peach, embroidered Chinese shoes, etc.





Ban Mueang Pon ... the second home of trekkers

To travel to experience the real way of life of the Tai Yai people in full, you must stay at the homestay of the Ban Mueang Pon community, an old community that has a story, traditions, and culture of the Tai Yai that has been together for hundreds of years. Stay at the Tai Yai house that has a specialty of a taut banana leaf roof, which has the properties of cooling the house. Try the local food that is stirred and cooked on a charcoal stove; learn about the local handicrafts like stamping or marking (openwork pattern) of Chong Para or Prasat Phra that is used in the ceremony to welcome the Buddha who descended from Daowadueng Heaven at Ok Phansa (End of Buddhist Lent). Also make buttons; try and make tasty Khao Puk Nga that is made from dark sticky rice and Perilla, which is full of vitamins and minerals, solves constipation, reduces cholesterol and heart disease, has a lot of calcium, strengthens the bones, and maintains body heat to be suitable for the cool atmosphere. Alternatively, join in the activity of making Kupto (a woven hat); experience the agricultural way that is the main profession of the Ban Mueang Pon community; e.g., planting rice, garlic, sesame, and peanuts with the organic agricultural group. Besides this, you can learn about the Thai wisdom and the science of reflexology of the Tai Yai that has been passed down over the ages. Also there are young guides that will tell tourists that visit about the various traditions of the Ban Mueang Pon community.

Be immersed in nature ... that will never fade

The image of the mist surrounding the great mountains to the greeting sunlight and cool climate including the golden valleys and blooming sunflowers that is known as the field of dreams will be imprinted on one's mind at first sight.



Pang Ung ... a secret of Heaven on Earth of Mae Hong Son

If sleeping in a tent at Pang Ung, the first image of the night is the curtain of mist floating above the dam as well as the gradual sunlight at dawn and splashes of golden light passing through the grass and green mountains. This is like a picture of a romantic dream that is beautiful like Heaven on Earth, but how many people know that under this beauty, in the past, it used to be a dangerous place. There was deforestation and a place of growing opium by the hill tribe people until His Majesty the Late King Bhumibol Adulyadej and Her Majesty the Queen established a Royal Project here. This was to create a better livelihood of the hill tribe people in the area. This Royal Forest Project at Pang Tong 2 (Pang Ung) grows fruit, vegetables, herbs, and cool climate flowers and is a beautiful tourist attraction. It received the name of “the Switzerland of the Land of Three Mists”, which is a tourist destination that has a cool climate and pure ozone for you to inhale.

Travelling in father's footsteps ...

Pang Tong Royal Project

Development Centre

Beside Pang Tong being a part of the Pang Tong Royal Project Development Centre of His Majesty the Late King Bhumibol Adulyadej, this Centre is also an integrated and sustainable highland agricultural study location for various hill tribes who are agriculturalists to utilise as a cool climate plants study centre. This includes strawberry, Cape gooseberry, and rare species of animals like Mae Hong Son Mountain Frog. Enjoy seeing the flocks of sheep on the grassy hills that produce quality wool before it is shorn to be woven to be woollen cloth as well as other products; e.g., Lanolin soap and cream, which is a popular souvenir. Also the place that should not be missed is seeing the residence on the high mountains amidst the peace and beauty of cool climate flowers together with requesting for a blessing at the great shrine of Pang Tong.



The golden valley of Mexican Sunflowers on Doi Mae U Kho

Mark it down if you would like to see the golden valley that is covered with Mexican Sunflowers that bloom over a thousand rai on Doi Mae U Kho. The splendour of this golden valley is the viewpoint of this large and most beautiful flower field of Thailand. If you would like to see the beauty of a natural decoration, then in one year, you can only see it one time that is during November to December. Also you should come in the morning before it is too hot, or if you come in the evening, then you will see the sunlight glazing the mountains making it be a beautiful golden valley and an impressive memory.



The town of rice fields, Mae La Noi

Amidst the peace of the small town of Mae La Noi, the happiness is sitting by a fire in an atmosphere covered by mist and surrounded by the high mountains, listening to the sound of water that irrigates the rice fields mingled with the scent of the rice seedlings that have just started to sprout in an impressive environment. This is because it is the terraced rice

fields of the Mae La Noi Royal Project, which is the charm of Mae La Noi for whoever would like to come to experience. The rice strain that is grown is Ko Kho 21 San Pa Tong, which is easy to cook, weather resistant, has an aromatic smell, and important properties; e.g., vitamin E that nourishes the skin to be radiant and bright, and vitamin B2 that increases the body's strength and prevents fatigue. When it receives the sunlight, the entire field will be gold against the wide blue sky. This gives an image and feeling of impressive beauty, especially during late October of each year. Besides that, there is Ban Huai Hom, a Karen Pgazkoenyau homestay village, which is the source of planting good Arabica coffee of a world-class export standard and a sheep farm that produces goods; e.g., hat, blanket, Lanolin soap, and woollen cloth. The good



quality that has been continuously developed is Nano products that prevent dust, but what still remains like colourful nature is the excellent handicraft work that is the pride of the province. Besides this homestay village, there is also a homestay resort that has local food and accommodation in an atmosphere surrounded by the rice fields and high mountains that is the beauty of nature.

Therapy for the body-mind in accordance with the selected natural way

There is no such word as disappointed for health or beauty lovers. Here there is a mineral spa and pure world-class quality mud for covering the body. Feeling refreshed, then go to relax the mind at Wat Pa Tham Wua that is peaceful and shady and has made many people addicted that they return time after time.



Thai spa paradise at Phu Khlon

Relieve the fatigue from travelling that must pass the windy route and has more than 1,000 bends at a world-class quality mud spa that is 1 of the 3 best kinds of mud in the world. It is full of minerals that are beneficial for the skin of the face and body. The muddy sediment with the underground water helps the skin complexion look fresh. The mineral spa for the feet helps the blood circulation. Besides this, there are full health services including skin tightening massage, mineral bath, mudpacks, and sauna. When finished, do not miss trying the Phu Khlon Onsen eggs that are full of 7 primary elements, which the body needs; e.g., calcium, magnesium, potassium, copper, iron, zinc, and silicone. This helps to have strong health, burns fat, and have good blood circulation. There is also Khlon soap, a cleansing product that won the OTOP Innovation of the Year Award; Khlon mineral powder, the only one in Thailand, or mineral spray that helps restore and refresh strong skin. These are health souvenirs from Phu Khlon.

Pha Bong Hot Spring ... a top gift from nature

The hot spring that helps to relax the body and mind is a great gift for the body. Even if a hot spring amidst beautiful nature like the Pha Bong Hot Spring that should not be missed in any way. From there, increase this relaxation by having a Thai traditional massage, foot massage, or oil massage to feel at ease. Feeling energetic, buy some health products from the housewives group that have mineral components including lotion and skin cream to take home to use.



Wat Pa Tham Wua ... let nature help to calm the mind

Let Dharma and nature help to calm the mind to be at peace at Wat Pa Tham Wua, a dharma retreat to treat the mind that is a Five-star Meditation Centre of the World of the project to reinforce morality and ethics of vocational educators. It is located amidst beautiful, green, shady high mountains that make 2,000 foreign visitors per year from around the world come to practice meditation. There is no racial segregation. Everyone stays together under the basic dharma foundation.



Travel to Pai ... a city of mist

Pai is like a beautiful diamond that is embedded amidst the mist. Travelling to Pai is like relaxing the body and mind by using a natural way. Beautiful nature helps the body be refreshed and strong. The peaceful, cool climate and slow way of Pai will assist to take care of your mind to be happy.

Experience a new aspect of Pai ... take a short cut to the farm following the way of Pai

Forget the traffic jams of the large city because we will invite you to ride an elephant, see the view comfortably; you do not have to hurry. We will let you experience to know a new aspect of Pai close up. Take a short cut following the Pai River; experience nature up close passing the farms and lovely ways of the community

Khokuso Bridge, the bridge of merit

Join in giving alms in the morning and making merit in the easy communal way at Ban Phaem Bok on Khokuso Bridge in which the name comes from Tai Yai language that means the bridge of merit. This was built from the faith of the local people using bamboo crossing over the green rice fields between Ban Phaem Bok and Wat Huai Khai Khiri for the monks to walk to collect alms in the village in the morning. In this way, they do not tread on the crops or rice fields of the people of the community. It is known as a real route of merit.



Memorial Bridge of Pai, a landmark of Pai

Take a photo, check-in, and see the view of the Pai River on a historical iron bridge that is a mixture of classic and romance in the middle of the river. Under the cool breeze and mountains, this old bridge was originally wooden and built during World War II by the Japanese army as a route to transport provisions over the Pai River to Burma (Myanmar). When the War ended, the Japanese retreated and burned the bridge, but the local people rebuilt a new one to use as a route. However, a major flood destroyed the bridge once again. Then Amphoe Pai requested the iron Nawarat Bridge of Chiang Mai province that was built in the reign of King Rama VI to be located at Pai. At present, the Nawarat Bridge at Chiang Mai has been rebuilt as a concrete one replacing the original iron bridge, so it could support the train running to Chiang Mai province.

Pai Walking Street ... a street for late night people

Experience the colours of the night of Pai that is full of the aroma of happiness and lures people of various lifestyles to come together. This colourful market will begin to light up from 6 p.m. till about midnight daily. Walk hand-in-hand amidst this romantic atmosphere; enjoy eating the variety of local food from the food carts or local restaurants. Then walk to absorb the atmosphere of this art street and spend to return income back to the locality by buying handmade souvenirs, or local artwork including postcards, necklaces, bracelets, embroidery, hill tribe clothes, bags, shoes, etc. This scene can be seen along both sides of the street and then return back to sleep happily in a resort of a style that you like. This night of happiness ends when turning into a new day. This peace of mind guarantees that the atmosphere in Pai will not be like anywhere else.

Local food ... don't miss it

Arriving at a locality that has a variety of ethnicities creates a blend of eating cultures from numerous groups. Try the local food of the Tai Yai, or the local Lanna cuisine that is popular to be eaten like Khantoke. This is because the area lies on top of a high plateau with a very cool climate. The local food uses ingredients from plants, vegetables, herbs close by the locality, but each menu has benefits for the body and health. The taste is unique, so we can only say ... do not miss out.

Healthy menus with local food in the town

Come and experience numerous local healthy menus that should not be missed; e.g., Lap Mu Miang Khua that has herbs like coriander and caraway seeds mixed together and properties that help you have a good appetite, reduces flatulence, and nourishes the body, or Kaeng Khae that uses curry that the restaurant makes itself. Besides this, it is full of various herbs; e.g., galangal, lemon grass, eggplant, and gourd that is full of many vitamins good for the body. In addition, there are menus for health lovers including Pla Krop Phrik King, Kai Ho Bai Toei, Pla Thaptim Yam Trakai, Krabong Fakthong, Up Kai, which is guaranteed to please those who like a spicy flavour. Come to Bai Fern, a local restaurant in the middle of the town that has been welcoming diners for more than 30 years and decorated with a mixture of 2 cultures: Mae Hong Son and Myanmar. It has a warm atmosphere.

Or you might like to try original local food at another restaurant that is linked to the culture of eating of the local people and is popular for eating steamed rice more than sticky rice with soy sheets and sesame oil, which is the key ingredient of every menu. The highlight that we would like to tell you is Chin Lung, minced pork mixed with spices like those used for making curried sausages. It is pounded together, moulded and then fried until crispy with an aromatic smell. Lamun or Khao Som is a well-known meat dish, especially of the Tai Yai people and at present can only be found in Mae Hong Son province. Up Kai that has a full-flavoured taste from the curry and sesame oil mixture. It is a dish that has a strange name that must be repeated in which Pa Sri Bua Nuankham of the Pa Sri Bua Restaurant has insisted on the taste for more than 30 years, and people can confirm that it is a very impressive local meal in the middle of the town.



Be impressed by the cultural traces of yesteryear coffee

Stroll along the cultural road, sit and drink fragrant coffee in a café that is located in a wooden house that is more than 124 years old covered by large trees from the reign of King Rama V the Great. There are tools from ancestors, so it is like a living museum. Be impressed with the hit menu that is coffee, green tea, Thai tea, and they also cater to health lovers with various herbal beverages;

e.g., Asiatic pennywort, Roselle, and Bael, which is full of sweetness and makes you feel refreshed with the shady atmosphere that you do not want to move anywhere. Ban Boran Coffee is a charming café of yesteryear coffee hidden in each grain.



A top 10 price, 1 million views of Kuai Tiao Hoi Kha Ban Chabo

A-BO-DA-YA is the greeting of the Lahu or Muser Dam people. Ban Chabo is a community-based tourism village of Amphoe Pang Mapha, a place of cave dwellers that besides beautiful nature has interesting hill tribe ways. Discard the chaos of the large city, change into hill tribe clothes and dance “Cha Kheu” with the Muser Dam people or trek to the cave to arouse the youth in you once again. Lie to count the stars with Kurobota black pork, wake up in the morning and eat noodles and dangle your feet to touch the mist and wait for the sun to rise that will make many people envious.



Say good-bye to the sunlight in an impressive atmosphere

Say good-bye to the light of the day in a very romantic atmosphere that is full of artwork, take photos, and check-in. There is a balcony at the restaurant where you can stand outside to see the undulating view of the background with zones of beverages, souvenirs, etc. at the “Before Sunset Coffee”, a lovely café that is one of the most beautiful viewpoints of Mae Hong Son and is located behind Phra That Doi Kong Mu.



Excellent products that are selected from nature

As part of a tradition with the time to go anywhere, we must look at buying souvenirs to take home. Mae Hong Son is a province that has numerous souvenirs to choose to buy. The products from nature and for health and beauty that have quality international standards are well-known souvenirs of the province that will make the recipient happy.

Sesame oil of Ban Sop Soi ... wisdom that has taken care of health for 100 years

The charming wisdom for taking care of people’s health has been handed down over the generations to the present and not disappeared with the process of sesame using a mortar to become natural oil. This local wisdom of the Tai Yai people that has been inherited for more than 100 years uses the energy of water turbines in the production of sesame oil through the principles of nature. This is safe, chemical free, and through refrigeration will help to maintain the value of the sesame, especially Perilla oil that is high in Omega 3 and 9 and helps the brain, reduces cholesterol in the blood vessels, and has calcium that strengthens the bones. Positive feedback has been received from numerous tourists and health lovers, so at present, it has become an OTOP product of high standards.



Chemical-free and organic garlic products

Mae Hong Son province has forested mountains, year-round cool climate, and pure natural water resources that make it a source for growing Thai garlic, which is highly accepted. There is pharmacological research that the garlic has high quality, more antioxidants than imported garlic, and can help to increase the flavour of food to be palatable and aromatic. There are chemical-free and organic garlic producers under the Gariko brand to continue growing the community products that have quality and various acknowledged research. This sustainable agriculture emphasises on the concept of elaborate creativity of presenting to health lovers and the nature in the form of a garlic basket. The area of Khun Lumprapat Road in the centre of Mae Hong Son City is where it is mainly sold including processed health products on sale; e.g., deep fried garlic, honey, seasonal organic fruit that is regarded as another health souvenir that should not be missed.



Various natural sesame products that have endless results for health

From the benefits of sesame, “Roslamin” producers have developed various products; e.g., coffee and sesame seed herbal soap that scrubs the dead skin cells of the face and body and makes the skin clean and transparent; radish and sesame oil facial soap that makes the skin to be naturally transparent; yellow herbal oil from sesame oil that can be used for massage to ease aches and pains, inhale for dizziness and to feel refreshed, as well as sesame oil lip balm that helps the lips to be soft and not dry.





Moeng Tai sesame products

This local wisdom is a health product that is processed from rice, soybean, and 100% natural sesame. It has calcium and high vitamins, quality fats, reduces cholesterol, and prevents the hardening of the arteries and heart disease. Besides using quality raw materials passing through a meticulous process, it has been developed to have national level standards and received a 5-star OTOP award. These health products include Chocky Sesame, Khao Taen Sesame, etc.

Huai Hom coffee, Dulapur coffee at Muban Dulapur, Ban Dong coffee legendary Mae Hong Son coffee to the world market

Huai Hom Coffee

Besides having the famed rice terraces at Ban Huai Hom, Huai Hom coffee that is grown by the Pga K'nyau people has resulted in this community becoming known worldwide. This area, the largest in Thailand for growing Arabica coffee, has organic coffee. It does not have chemical fertilisers or chemicals; it is pure throughout the total process starting from the planting, harvesting, drying, and roasting. This has resulted in Huai Hom coffee being recognised by coffee brands worldwide and sold under the Muan Jai brand and exported by international standards. This is regarded as another pride of Mae Hong Son. Drinking this coffee can prevent heart disease and hardening of the arteries as well as reduce the risk of cancer. Also drinking coffee after eating can help reduce and separate fat and create renewable energy for the body.



Dulapur coffee at Muban Dulapur

In the valley of Tambon Huai Hom is the location of Muban Dulapur, a Pga K'nyau village that has a unique way of life and culture under the unspoiled forest and nature. Muban Dulapur is known as another source of good quality coffee beans of Thailand. It is 100% Arabica coffee of the Pea Berry species, and uses the closed fermentation tank method with the lid tightly closed. This makes the taste to be full-flavoured but aromatic.

Ban Dong coffee

The high mountains of Ban Dong used to rear some civet cats and the people released them amidst the coffee plantation to breathe in the ozone and take in the freshness. Those civet cats have created happiness in the form of high-grade civet cat Arabica coffee and be impressed by the aroma and taste that is unique like happiness. Civet cat coffee has a unique fragrance and identity from the coffee beans mixed with the enzymes of the civet cat's digestion system that makes the protein in the coffee separate to be small molecules, which help ease chronic coughs and maintain the internal organs. While roasting, there will be a special aromatic fragrance, which is another reason why coffee drinkers for health should not miss this.



Oolong tea, mountain dew tea

This is suitable for tea drinkers for health that is not too strong and has an aroma like a flower. Nam Khang or dew tea is Oolong tea that is picked in the early morning of winter when there is dew and is only collected in the morning. Each year, the taste of the tea will be different because of the temperature and coolness of each year. In the year that the weather is extremely cold, the tea will be very fragrant, or in the year, there is a lot of dew, then the tea will be softer. This tea will help to reduce fat, resist free radicals, reduce cholesterol, and prevent blocked arteries.

Muen Li tea

Put your hands on a cup of tea and experience the warmth to relieve the cold, slowly inhale the aroma that is like a flower that is infused from the aromatic Muen Li tea. This is the Oolong tea that is boiled together with the Muen Li flower and is suitable for tea drinkers and not too strong. Muen Li tea has many properties that will help to refresh you in the afternoon. The aroma of the tea will stimulate the nervous system and brain, prevent heart disease and cancer, and delay aging. Also place a warm cup of tea near the eyes to stimulate the circulation system and eyes muscles as well as have better eyesight.



Karen woven fabric

The charming beauty of the various designs of love that are elaborately woven on silk are regarded as true valuable beauty. The Pga K'nyau or Karen people have worn hand-woven fabric since ancient times. The Karens plant cotton themselves and spin it into thread, dye it using natural colours using tree bark that is known as "Sakorae". It is reddish-brown with "Hom Soe Ya Lao" leaves that make a navy blue colour. Samo fruit makes the brown colour and Indian Gooseberry makes a grey colour. This emphasises on creating outstanding designs from the weaving and embroidering on the silk with Job's tears in which they create the designs by themselves. This expertise and experience results in unique designed fabric, which reflects the local handiwork of Mae Hong Son province. Karen women will relay the wisdom of the production process to their daughters. The fabric designs of the Karen people have an inherited story that comes from the marks of a large snake's skin, which is like the lover in the past of a Karen girl. The snake changed its markings daily and the girl wove fabric according to the markings that appeared for 7 days making 7 designs. Each design is woven and embroidered in 4 ways: Yo Ho Koe, Koe Pe Phloe, Ui Kho Lo, and the other is Lai Thi Kha. At present, the most popular design is Koe Nae Doe or the honeycomb design and Soe Ko Pho or eggplant flower design.

"Het Ko Liao" Shop

If thinking about a shop that sells community or OTOP products including the elaborate work created by hand of the various localities of Mae Hong Son province, then you should not miss the "Het Ko Liao" shop that comes from Tai Yai language and means "made by oneself". In the shop, there are health products; e.g., stirred Okra, Tiger Nuts, Sesame Paste, Sesame Candy, Chocky Sesame, Tamarind Puree, and Chili that is arranged as a basket for you to buy.

Heaven on Earth ... natural accommodation



Lee Wine Rak Thai Resort

Experience the warmth and inspiration of Yunnanese-style accommodation created from earth that controls the temperature to be not too cold or hot. It is surrounded by tea plantations and clean air suitable for relaxing the body and mind amidst nature.

Romance Another Story in Pai

Embracing visitors with the nature, mist, cool stream named “Huai Mae Mueang” together with the intimacy and warmth suitable for relaxing is the charm of this hotel. Experience accommodation in various styles together with a sheep farm that has friends from nature; e.g., sheep, horses, ducks, and chickens that greet new friends who always come to visit as well as various activities that are full of liveliness; e.g., horse riding, rearing sheep, riding an ATV, etc.



Pai Hot Spring Spa Resort

Amidst the mountain mist and light, full of warmth in the cool atmosphere of the night at a Thai-style spa accommodation that is simple, the Pai Hot Spring Spa Resort is the only resort that has a private natural hot spring. This is because the resort is only 1 kilometre from the Pai Hot Spring, and in the central area, there is a hot pool that is open for the general public to use the services. Do not forget to use the services of the facial spa with herbs and volcanic mud that has minerals, which help the skin complexion to be firm.



Fern Rimtarn Resort

Amidst the rice fields, forest and hills not too far from the city, there is still Heaven on Earth for tourists to experience in a peaceful atmosphere at “Fern Rimtarn Resort”. Also the large and small trees that surround visitors together with the chanting sound of the stream is accommodation that will take you to relax in peace.



Getting There

- Kan Air has direct flights from Chiang Mai - Mae Hong Son daily.
Tel. +66 2551 6111 www.kanairlines.com
- Bangkok Airways has direct flights from Chiang Mai - Mae Hong Son daily.
Call Center 1771 www.bangkokair.com

Recommended Tourist Routes

Route 1 (2 days 1 night)

Day 1

- 07.00 - 08.00 Hrs. ‘Zu Tong Pae Bridge’ / pay homage to ‘Phrachao Zu Tong Pae’ at the Phu Soma Dharma Garden.
- 08.30 - 09.30 Hrs. Visit the hundreds of sheep, see the cool wooden city at ‘Phra Tamnak Pang Tong’
- 10.30 - 11.30 Hrs. ‘Pang Ung’
- 12.00 - 13.30 Hrs. Lunch at ‘Lee Wine Rak Thai Resort’ / the way of life of the Yunnanese, enjoy tea at ‘Ban Rak Thai’.
- 14.00 - 15.00 Hrs. Relax at ‘Phu Khlon’, a Thai spa paradise.
- 15.30 - 16.30 Hrs. ‘Het Ko Liao’ souvenir shop.
- 17.00 - 18.00 Hrs. Pay homage at ‘Phra That Doi Kong Mu’ / enjoy coffee and the view at ‘Before Sunset Coffee’ / watch the sunset.
- 18.30 - 19.30 Hrs. Dinner at ‘Bai Fern’ Restaurant for legendary food of Mae Hong Son.
- 19.30 - 20.30 Hrs. Mae Hong Son Walking Street / ‘Wat Chong Kham - Chong Klang’.
- 21.00 Hrs. check-in to the ‘Fern Rimtarn Resort’.

Day 2

- 07.00 - 09.00 Hrs. ‘Sai Yut Market’ / ‘Pa Sri Bua’s’ food / ‘Pa Mani’ Tai Yai Sweets / ‘Ban Boran’ Coffee
- 09.30 - 10.00 Hrs. Pay respect to the Governor of Mae Hong Son, ‘Phraya Singhanaratcha’.

Route 2 (3 days 2 nights)

Day 1

- 07.00 – 08.30 Hrs. ‘Wat Phra That Doi Kong Mu’, see the 360 learn about history of Mae Hong Son at degree panorama / enjoy coffee at ‘Before Sunset Coffee’, ‘Wat Phra Non’ and to pay respect to ‘Phraya Singhanaratcha’.
- 09.00 – 10.00 Hrs. ‘Pa Bong Hot Spring’.
- 10.30 – 11.30 Hrs. See the weaving of the Karen of ‘Ban Pa Pu’.
- 12.00 – 13.00 Hrs. Lunch at the ‘Bai Fern’ Restaurant.
- 13.30 – 15.00 Hrs. Travel on the route of the ‘Living Museum’, see the old houses, try the food / Tai Yai sweets, ‘Sai Yut Market’ – ‘Pa Sri Bua’ – ‘Pa Mani’.
- 15.00 – 15.30 Hrs. ‘Wat Chong Kham – Chong Klang’.
- 17.00 – 19.00 Hrs. Enjoy ‘Doi Nam Khang tea’ / Mu Yu Nan tea as well as see the way of life of the Chinese people amidst the tea plantations / check-in to the ‘Lee Wine Rak Thai Resort’.

Day 2

- 06.00 – 07.00 Hrs. ‘Pang Ung’.
- 07.30 – 08.30 Hrs. Relax at ‘Phu Khlon’, a Thai spa paradise.
- 09.00 – 10.00 Hrs. ‘Zu Tong Pae Bridge’ / pay homage to ‘phrachao Zu Tong Pae’ at the Phu Soma
- 10.30 – 11.30 Hrs. ‘Het Ko Liao’ souvenir shop.
- 12.30 – 13.30 Hrs. Kuai Tiao Hoi Kha, ‘Ban Chabo’ / ‘Kio Lom’ Viewpoint.
- 15.00 – 16.00 Hrs. Romance Farm at ‘Romance Another Story in Pai’.
- 16.30 – 17.00 Hrs. ‘Kong Laen’ or Pai Canyon.
- 18.00 – 19.00 Hrs. Pai Walking Street.
- 19.30 Hrs. check-in to the ‘Pai Hot Spring Spa and Resort’.

Day 3

- 09.00 – 11.00 Hrs. Ride on an elephant to see the nature / bathe in the ‘Pai Hot Spring Spa and Resort’.
- 13.00 – 13.30 Hrs. ‘Memorial Bridge of Pai’.
- 14.00 – 15.00 Hrs. ‘Khokuso Bridge’, Ban Phaem Bok.

Route 3 (4 days 3 night)

Day 1

- 08.00 - 09.00 Hrs. See the terraced rice fields of the 'Mae La Noi Royal Project'.
10.00 - 11.00 Hrs. Learn about the way of life of the 'Pga K'nyau' people / see the legendary coffee plantation that is renowned / weaving of wool at 'Ban Huai Hom'.
12.00 - 13.00 Hrs. Lunch at 'Herntai Resort', Mae La Noi.
14.30 - 17.00 Hrs. Learn about the way of life of the Tai Yai people / basketry 'Kupto' / Chong Para designs / shirts and buttons of the Tai people, etc. at 'Ban Mueang Pon'.
Check-in to the 'Ban Mueang Pon' homestay.

Day 2

- 08.30 - 09.30 Hrs. 'Doi Mae U Kho sunflower fields'* only during November - December.
11.00 - 11.30 Hrs. See the Karen weaving process at 'Ban Pa Bu', Amphoe Mueang, Mae Hong Son.
12.00 - 13.00 Hrs. Lunch at the 'Bai Fern' Restaurant.
13.00 - 14.00 Hrs. 'Ban Sop Soi' sesame oil. Learn about the process of sesame using a mortar
14.30 - 16.00 Hrs. 'Wat Chong Kham - Chong Klang' / 'Wat Phra That Doi Kong Mu' /
the route of the 'Living Museum' of Mae Hong Son
17.00 - 18.00 Hrs. See the atmosphere of 'Ban Rak Thai' and enjoy 'Doi Nam Khang' tea and taste
kha Mu - Man To
19.00 Hrs. Check-in to the 'Lee Wine Rak Thai Resort'.

Day 3

- 06.00 - 07.00 Hrs. 'Pang Ung'.
08.00 - 09.00 Hrs. Relax at 'Phu Khlon', a Thai spa paradise.
09.30 - 10.00 Hrs. 'Zu Tong Pae Bridge'.
10.30 - 11.30 Hrs. Practice meditation at 'Wat Pa Tham Wua'.
12.00 - 15.00 Hrs. Kuai Tiao at 'Ban Chabo', learn about the way of life of the Lahu
(Muser Dam) people of Ban Chabo / 'Kio Lom' Viewpoint.
16.00 - 17.00 Hrs. 'Khokuso Bridge', Ban Phaem Bok.
17.30 - 18.30 Hrs. 'Kong Laen' or Pai Canyon.
19.00 - 20.30 Hrs. Mae Hong Son Walking Street / check-in to the accommodation at the
'Pai Hot Spring Spa and Resort'.

Day 4

- 07.30 - 08.30 Hrs. See the atmosphere of the Romance Farm at 'Romance Another Story in Pai'.
09.00 - 10.00 Hrs. Ride on an elephant to see the nature.
10.30 - 11.30 Hrs. Bathe in the 'Pai Hot Spring Spa and Resort'.
14.00 - 14.30 Hrs. See the landmark of Pai 'Memorial Bridge of Pai'.

For more information: Tourism Attractions

- **Tourism Authority of Thailand (Mae Hong Son Office)**
E-mail : tatmhs@tat.or.th
www.tourismthailand.org/maehongson
Tel. +66 5361 2982 3
- **Mae Hong Son Living Museum**
Mae Hong Son Municipality Tel. +66 5361 1944
- **Royal Forest Project at Pang Tong 2 (Pang Ung)**
Ban Ruam Thai, Tambon Mok Champae, Amphoe Mueang
Mae Hong Son province Tel. +668 7990 4281
- **Phabong Subdistrict Administrative Organisation**
Tel. +66 5368 6048 www.phabong.go.th
- **Ban Mueang Pon Community Tourism Group**
Tel. +668 2162 0459
- **Phu Khlon**
132 Mu 2, Tambon Mok Champae, Amphoe Mueang,
Mae Hong son province
Tel. +66 5328 2579 www.phuklon.co.th
- **Wat Pa Tham Wu**
Ban Mae Suya, Tambon Huai Pha, Amphoe Mueang,
Mae Hong Son province
Tel. +668 1031 3326 , +668 7846 4315

Food and Beverage

- **Ban Boran Coffee Shop**
Ratchathamphitak Road, Tambon Chong Kham,
Amphoe Mueang, Mae Hong Son province
Tel. +668 4484 1618 , +668 1881 6534
- **Pa Si Bua Tai Restaurant**
Singhanat Bamrung Road (near the Sai Yut Market),
Amphoe Mueang, Mae Hong Son province
Tel. +66 5361 2471
- **Before Sunset Coffee**
Car park, Wat Phra That Doi Kong Mu,
Mae Hong Son province Tel. +66 5361 2234
- **Bai Fern**
87 Khun Lumpraphat Road, Tambon Chong
Kham, Amphoe Mueang, Mae Hong Son province
Tel. +66 5361 1374 , +66 5361 2363
- **Kuai Tiao Hoi Kha, Ban Chabo, Ban Chabo Community
Based Tourism**
Khun Sonchai Tel. +668 0677 5794
- **Khao Tha Coffee Shop**
414 Mu 8, Tambon Wiang Tai, Amphoe Pai,
Mae Hong Son province
Tel. +668 4372 4231 , +668 7175 0357

Community Products

- **Ban Sop Soi Sesame Oil OTOP
Coordination Centre**
Tel. +668 1784 3847 , +668 9635 9417
- **Moeng Tai Sesame Products**
Tel. +668 9261 2851 , +669 8812 6994
- **Muen Li and Nam Khang Tea Products**
Muban Rak Thai, Mae Hong Son province
Tel. +668 9552 9650 , +668 9262 1335
- **Ban Pa Pu Weaving Group**
82/7 Mu 2, Tambon Phabong, Amphoe
Mueang, Mae Hong Son province
Tel. +668 5724 1338
- **Het Ko Liao Shop**
Tel. +668 9559 8004
- **Community Products Supervision Office**
Community Development Department,
Mae Hong Son province
www.cdd.go.th/web.maehongson
Tel. +66 5361 2196
- **Huai Hom Coffee**
Mu 1, Tambon Huai Hom, Amphoe Mae La Noi,
Mae Hong Son province Tel. +668 9555 3900

Resorts and Accommodation

- **Lee Wine Rak Thai Resort**
Ban Rak Thai, Tambon Mok Champae,
Mae Hong Son province www.leewinerukthai.com
Tel. +668 9552 9650 , +668 9262 1335
- **Romance (Another story in Pai) Hotel**
134 Mu.8, Tambon Wiang Nuea,
Amphoe Pai, Mae Hong Son province
www.romance-pai.com
Tel. +66 5369 9809 , +668 0031 3535
- **Pai Hot Spring Spa and Resort**
84-84/1 Mu 2, Mae Hi, Amphoe Pai, Mae
Hong Son province
www.paihotspringssparesort.com
Tel. +66 5306 5748 , +668 2450 0175
- **Fern Rintarn Resort**
64 Mu 10, Tambon Phabong, Amphoe Mueang,
Mae Hong Son province Tel. +66 5368 6110
- **Hern Tai Resort**
20 Mu 1, Tambon Mae La Noi,
Amphoe Mae La Noi, Mae Hong Son province
www.herntai-resort.com
Tel. +668 6915 3555 , +66 5368 9033

Service Promotion Division
Tourism Product Promotion Department
Tourism Authority of Thailand

1600 New Phetchaburi Road, Makkasan,
Ratchathewi, Bangkok 10400 Thailand

Tel. +66 2250 5500
Call Center 1672

www.tourismthailand.org

Mae Hong Son



1. Mae Hong Son Airport
2. Wat Phra That Doi Kong Hu / Before Sunset
3. Praya Singhanatracha Memorial
4. Wat Chong Kham Chong Klang / Mae Hong Son Walking Street
5. Het Ko Liao
6. Living Museum / Sai Yot Market
7. Ban Boran Coffee Shop
8. Pa Sri Bua Restaurant
9. Zu Tong Pae Bridge
10. Phu Khlon
11. Pang Tong Royal Residence
12. Pang Ung
13. Ban Rak Thai
14. Kuai Tiao Ban Chabo
15. Pai Airport
16. Before Sunset Coffee
17. Wat Phra Non
18. Memorial Bridge of Pai
19. Pai Hot Spring Spa Resort
20. Pai Walking Street
21. Khokuso Bridge
22. Doi Kio Lom Viewpoint
23. Wat Pa Tham Wua
24. Pha Bong Hot Spring
25. Doi Mae U Kho sunflower fields
26. Ban Huai Hom