



## Thailand & Laos: Exploring Culture, Elephants, and Beaches

**DURATION** | 10 Days

**TRIP LEVEL** | Level 2 - Moderate

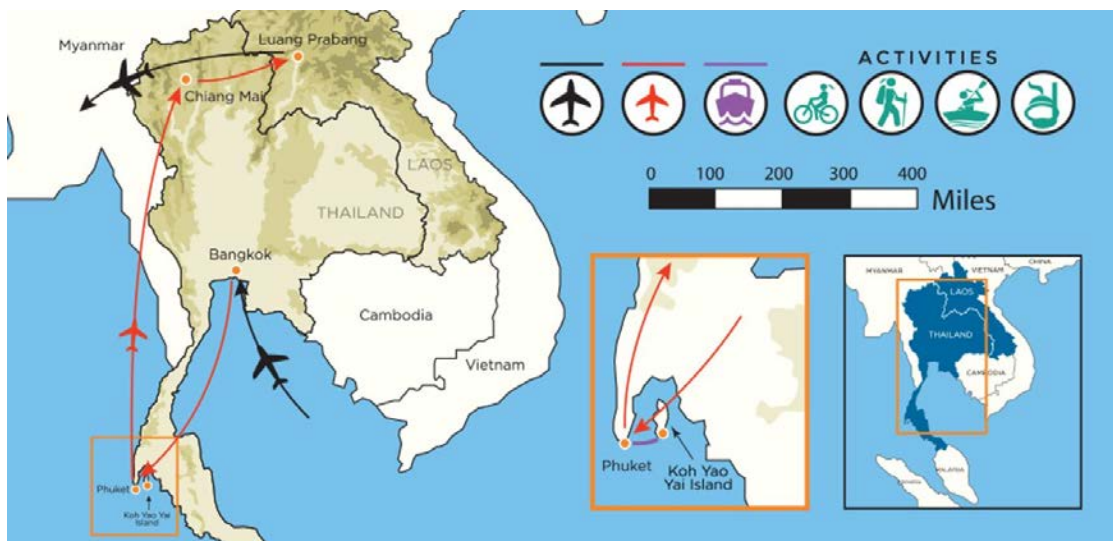
# Trip Overview

Embark on an unforgettable women's adventure through Thailand and Laos, blending cultural immersion, island exploration, and natural wonders. Begin in vibrant Bangkok with a river tour and street food experience, then snorkel at Thailand's stunning islands. In Chiang Mai, visit an elephant sanctuary, create dyed fabric art, and explore peaceful temples. Continue to Laos for a hands-on pottery class, waterfalls, and a Baci ceremony. Each day offers a mix of adventure, local traditions, and relaxation, with highlights including a sunset cruise, cooking classes, and a farewell Lao barbecue. This immersive journey connects you with local cultures while fostering connection and adventure.

# Trip Highlights

- Explore Thailand and Laos by kayak, long-tail boat, and tuk-tuk, visiting remote islands in the Andaman Sea near Phuket, Thailand, and experiencing the city of Luang Prabang, Laos.
- Visit stunning waterfalls, engage in a traditional Baci ceremony, and explore Laos' rich culture.
- Spend the day caring for elephants at the Elephant Nature Park in Chiang Mai, Thailand.

# Map View



Arrival: Arrive in Bangkok, Thailand (BKK) on Day 1 by 12:00 PM.

Departure: Depart from Luang Prabang, Laos (LPQ) on Day 10 after 12:45 PM.



# Trip Itinerary

---



## Day 1

### Welcome to Bangkok!

Arrive in Bangkok, where your guide will meet you at the airport and transfer you to your hotel. After lunch, explore the city's public transportation, starting with the sky train, metro, and river ferry. Cross the Chao Phraya River to visit Wat Arun, the stunning Temple of Dawn. Enjoy a welcome cocktail at a riverside restaurant before returning to your hotel. The day ends with a vibrant street food market tour, where you'll sample diverse Thai dishes with your guide, offering insights into regional flavors.

Meals: dinner | Overnight: Montien Hotel Surawong



### Montien Hotel Surawong

Steps from the lively streets of the Silom district in Bangkok, the Montien Hotel Surawong Bangkok greets every visitor with an abundance of charm, style, and warm-welcoming hospitality.

Amenities: complimentary toiletries, hair dryer, bathrobes, minibar, tea/coffee, bottled water, safe, flatscreen cable / satellite TV, air conditioning, Wi-Fi



# Trip Itinerary

---



## Day 2

### Snorkeling and Longtail Boat Journeys

Begin your morning with a flight from Bangkok to Phuket, where after your arrival you will board a traditional longtail boat for a snorkeling excursion with lunch aboard. You'll explore and snorkel at Koh Nui and Khai Nok islands, two of Thailand's 1,430 islands. After, return to your Phuket Hotel. The day concludes with dinner at a nearby restaurant, giving you a chance to savor local cuisine and reflect on your exciting day of island exploration and underwater discovery.

Meals: breakfast, lunch, dinner | Overnight: Nai Yang Beach Resort



### Nai Yang Beach Resort

Nai Yang Beach Resort is a tranquil hideaway nestled on a secluded stretch of sand along Phuket's serene northwest coast. Accessed through a picturesque drive lined with rubber trees, the resort is located within the protected area of Nai Yang National Marine Park, offering a peaceful, safe, and naturally beautiful setting. Enjoy stunning ocean views, lush surroundings, and a sense of true escape.

Amenities: complimentary toiletries, minibar, bottled water, flatscreen TV, Wi-Fi, air conditioning



# Trip Itinerary

---



## Day 3

### Good Fortune Ceremonies

Depart from the hotel by van to Ya Nui Bay, where you'll kayak to Koh Man for a scenic 30-40-minute paddle. Then, take a longtail boat to Koh He (Coral Island) for snorkeling in vibrant coral reefs. Afterward, enjoy lunch on Koh Bon followed by some beach relaxation. Return to the pier, then head back to the hotel. Participate in a Loi Krathong Ceremony, floating a krathong into the sea for good fortune. End the day with a delicious group dinner.

Meals: breakfast, lunch, dinner | Overnight: Nai Yang Beach Resort



# Trip Itinerary

---



## Day 4

### Welcome to Chiang Mai!

Start your day in Phuket with a relaxing morning at the hotel, enjoying a swim or beach walk and breakfast by the shore. Then, take a 45-minute drive to the airport for a 90-minute flight to Chiang Mai, the “Rose of the North.” Upon arrival, savor a late lunch of Khao Soi, a local curry dish. Explore Chiang Mai’s old city, visiting a Hindu shrine, the Kalm Textile Museum, and the Chedi Luang Temple. After checking in at your hotel, unwind and enjoy dinner at a nearby restaurant sampling local delicacies to end the day.

Meals: breakfast, lunch, dinner | Overnight: Makka Hotel



### Makka Hotel

Makka is a boutique hotel that blends cultural richness with inspiration from nature and a thoughtful, philosophical approach—reflecting the true spirit of the property. Designed to offer a sense of peace and tranquility, the hotel features serene courtyard views and a warm, attentive team dedicated to providing a restful and welcoming atmosphere.

Amenities: complimentary toiletries, hair dryer, refrigerator, flatscreen TV, Wi-Fi, air conditioning



# Trip Itinerary

---



## Day 5

### Elephant Park and Traditional Lanna Dinner

Spend a full day at the Elephant Nature Park, about an hour's drive from Chiang Mai. You'll get to prepare food, observe, and learn about Asian Elephants. Enjoy a simple lunch and then spend the afternoon with these gentle giants. Enjoy a traditional dinner tonight where you'll be served many dishes family-style. These typical Lanna, or northern Thai dishes could include roasted green chili dip, fresh vegetables, and thicker nutty curries

Meals: breakfast, lunch, dinner | Overnight: Makka Hotel

# Trip Itinerary

---



## Day 6

### Fabric Dyeing Workshop

Begin your day with a hands-on workshop at Naenna Studio, where you'll dive into the art of traditional indigo dyeing. Learn from Patricia, a master of textile arts who has spent much of her life in Laos and northern Thailand studying natural dyes and traditional weaving techniques from locals. Create your own indigo tie-dye piece, using techniques passed down through generations in northern Thailand. After, enjoy a local lunch before spending the afternoon at your leisure. In the evening, feast at Ginger Farm Neiman One, ending the day with a taste of Chiang Mai's vibrant food scene

Meals: breakfast, lunch, dinner | Overnight: Makka Hotel



# Trip Itinerary

---



## Day 7

### Temple Hike

Start your day with a scenic 1.5-hour hike to Wat Pha Lat, a peaceful temple in Doi Suthep National Park. Explore the serene surroundings with lush gardens, streams, and statues. Afterward, visit Baan Kang Wat, an artisan community. Enjoy a family-style lunch of northern Thai dishes before a 75-minute flight to Luang Prabang, Laos. Upon arrival, relax with a welcome drink at a café overlooking the Mekong River and enjoy a peaceful sunset. End the day with a delightful dinner at your hotel.

Meals: breakfast, lunch, dinner | Overnight: Maydou



### Maydou

Villa Maydou is at the heart of the historic center of Luang Prabang, the former royal capital of Laos, which is a UNESCO World Heritage site. It sits near the Pagoda “Wat Meuna” and near the Nam Khan river old bridge. The hotel is composed of five beautifully appointed and comfortable Lao traditional houses within a large tropical garden which includes a salt pool. Two of the houses are registered in the UNESCO World Heritage Program after having been restored under the authority of “La Maison du Patrimoine,” the UNESCO program responsible for the preservation of the traditional architecture of Luang Prabang.

Amenities: complimentary toiletries, hair dryer, Wi-Fi

# Trip Itinerary

---



## Day 8

### Sun Bear Center and Baci Ceremony

Start your day with a hands-on cooking class at Tamarind Gardens, preparing traditional Lao dishes. After enjoying your meal, visit the stunning Kuang Si Waterfalls and explore a nearby rural village. At the falls, stop by the Asian Sun Bear Rescue Center. In the afternoon, participate in a traditional Baci ceremony, a spiritual ritual where participants tie cotton bracelets on each other's wrists, symbolizing the calling back of the body's spirits for health and good fortune held at a local home with Lao residents and a master of ceremony. The evening is yours to relax and enjoy at your leisure

Meals: breakfast, lunch | Overnight: Maydou



# Trip Itinerary

---



## Day 9

### Pottery Village Exploration

Start with a private pottery class at Pottery House, working with Laotian art students. After a short van ride, cross the river by boat to a UNESCO pottery village, exploring traditional kilns and village life. Enjoy a one-on-one pottery class with local artists, followed by a traditional lunch in a village home. In the afternoon, explore Luang Prabang's highlights by tuk-tuk, visiting the Royal Palace, Vat Mai, Heuan Chan Heritage House, and Vat Xieng Thong. End with a farewell drink at a café and a Lao barbecue dinner to celebrate your time.

Meals: breakfast, lunch, dinner | Overnight: Maydou



# Trip Itinerary

---



## Day 10

### Depart Thailand and Laos!

Start your final day in Luang Prabang with the sacred “Tak Bat” ceremony, where you’ll witness barefoot monks collecting alms from locals at dawn. After this profound cultural experience, enjoy a relaxing breakfast at the hotel. Later, meet a founder of the Traditional Arts and Ethnology Center (TAEC) to learn about ethnic crafts, handmade versus factory-made pieces, and the challenges facing women in Laos. Afterward, check out by noon and store your luggage if needed. For your departure, book flights no earlier than 12:45 pm, with the airport just 15 minutes away.



# What's Included

---

## What's Included

- Accommodations as per itinerary based on double occupancy
- All meals as listed in the itinerary
- All ground transportation
- Internal flight(s)
- One airport group transfer on scheduled arrival and departure days
- Guided sightseeing and activities as indicated in the itinerary
- English-speaking guide(s) throughout the trip
- Gratuities for drivers, hotel staff, boat staff, and waitstaff

## Not Included

- International airfare to and from Thailand
- Optional activities
- Meals not specified in the itinerary
- Alcoholic beverages and soft drinks (unless otherwise indicated in the itinerary)
- Fees for passport, visas, immunizations, or travel insurance
- Cost of hospitalization or evacuation
- Items of a personal nature
- Gratuities for guides

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

