



Thailand & Laos: Temples, Elephants & Tropical Shores

DURATION | 10 Days

TRIP LEVEL | Level 2 - Moderate

Trip Overview

Begin your journey in Bangkok with a stunning sunset at Wat Arun. In Krabi, explore turquoise waters while snorkeling vibrant reefs, kayaking through calm bays, and swimming in the magical bioluminescent waters near Phranang Beach. In Chiang Mai, wander the Old City, visit the Elephant Nature Park, and dive into local culture with textile dyeing workshops and traditional Lanna cuisine. Continue to Luang Prabang, Laos, to hike hidden temples, visit artisan markets, take a cooking class, and discover waterfalls and pottery villages. The trip concludes with a serene alms-giving ceremony overlooking the Mekong River.

Trip Highlights

- Explore the region's beauty and snorkel among vibrant reefs.
- 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

Discover Bangkok's Cultural Treasures

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.

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

From City Lights to Island Blues

An early start sets the tone for a day well lived. At 5:30 AM, you transfer to the airport, a brief drive that ushers in the promise of discovery. A smooth flight carries you south from Bangkok to Krabi, where tropical air and anticipation greet you. After a scenic drive to the pier—punctuated by lunch and a fragrant coconut curry—you board a longtail boat bound for Koh Lao Landing Island. The afternoon unfolds in turquoise water and coral gardens, before sunset leads you to a beachfront retreat and an easy, celebratory dinner nearby.

Meals: breakfast, lunch, dinner | Overnight: Ao Nang Villa Resort



Ao Nang Villa Resort

Nestled on the pristine sands of Ao Nang Beach, Aonang Villa Resort offers a serene escape framed by tropical gardens and limestone cliffs. The resort features spacious rooms and suites with balconies or terraces overlooking the Andaman Sea, lush gardens, or inviting pools. Guests can relax in two outdoor pools, indulge in spa treatments, or enjoy Mediterranean-inspired cuisine at La Medusa Restaurant. Just steps from Ao Nang's lively town center, the resort is the perfect base for both adventure and relaxation in Krabi.

Amenities: complementary toiletries, hair dryer, minibar, flatscreen TV, Safe, Wi-Fi, air conditioning



Trip Itinerary



Day 3

Krabi's Water Adventures

This afternoon, leave your hotel for a scenic 30-minute drive to Krabi pier, where a private Chinese junk-style boat sets the tone for an unforgettable evening. Snorkel vibrant reefs at Yawasam Island, then cruise on to the iconic Chicken Islands for kayaking and snorkeling among dramatic limestone formations. Continue to Poda Island to swim, unwind on deck, or simply take in the views. At sunset, enjoy dinner aboard the boat before ending the night swimming through the glowing, bioluminescent waters near Phranang Beach.

Meals: breakfast, lunch, dinner | Overnight: Ao Nang Villa Resort



Trip Itinerary



Day 4

Fly to Chiang Mai , then City Exploration

Enjoy a slow morning by the sea, swimming or strolling the sand before breakfast. Then transfer to Krabi Airport for your 1 hour 35 minute flight north to Chiang Mai. After arrival, drive to lunch and savor Khao Soi, the region's signature curry. Visit a Hindu shrine, then walk from the old city moat to Makka Hotel, stopping at the Kalm Textile Museum and historic Chedi Luang Temple. End the evening with dinner and the lively Sunday Walking Street market tonight.

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 Nature Park Visit

Travel about an hour from Chiang Mai to Elephant Nature Park for a meaningful day with Asian elephants. Help prepare their food, observe natural behaviors, and learn about conservation and ethical care from expert guides. Share a simple, nourishing lunch on site before spending the afternoon with these gentle giants. Return to the city in the early evening, then gather with your group for a relaxed dinner at White Swan Burmese.

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



Trip Itinerary



Day 6

Fabric Dyeing Workshop

Begin the day with a three-hour, hands-on workshop at Naenna Studio, learning traditional indigo dyeing with Patricia, a master textile artist shaped by years in Laos and northern Thailand. Under her guidance, create your own indigo tie-dye using ancestral techniques. Afterward, enjoy a relaxed local lunch. The afternoon is yours to wander, book a massage, or unwind at the hotel. This evening, gather for a flavorful dinner at Ginger Farm Neiman One, celebrating Chiang Mai's creative spirit and restful moments that balance culture, craft, calm.

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



Trip Itinerary



Day 7

From Forest Temple to Mekong Twilight

Begin the morning in Chiang Mai with a gentle jungle hike to Wat Pha Lat, following a peaceful trail through Doi Suthep National Park where streams, statues, and greenery create a meditative rhythm. After descending, explore the artisan enclave of Baan Kang Wat before a family-style northern Thai lunch. Fly onward to Luang Prabang, the UNESCO-listed royal capital, and toast sunset with a Mekong River café welcome. Settle in and enjoy a relaxed dinner at Maydou, easing into Laos' serene spirit.

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

Flavors, Falls & Sacred Rituals

Begin with a hands-on cooking class at Tamarind Gardens, learning the foundations of Lao cuisine as you prepare jeow sauces, mok pa, lemongrass-stuffed chicken, and laap. After enjoying your creations, drive to the turquoise tiers of Kuang Si Waterfalls, stopping at a rural village along the way and visiting the Asian Sun Bear Rescue Center. This afternoon, share a traditional Baci ceremony in a local home. Evening is free for night markets or dinner at Manda de Laos, Tangor, or Mango Tree.

Meals: breakfast, lunch | Overnight: Maydou



Trip Itinerary



Day 9

Hands On Pottery Class, City Explorationj by Tuk-Tuk

Begin wyour day with a private pottery class at Pottery House, creating alongside Laotian art students. Cross the river by local boat to a UNESCO-recognized pottery village, explore traditional kilns, then enjoy a one-on-one wheel session and lunch in a village home. This afternoon, tour Luang Prabang by tuk-tuk, visiting the Royal Palace, Vat Mai, Heuan Chan Heritage House, and luminous Vat Xieng Thong. Toast farewell with café drinks, then savor a traditional Lao barbecue dinner.

Meals: breakfast, lunch, dinner | Overnight: Maydou

Trip Itinerary



Day 10

Sacred Morning & Departure

Rise early in Luang Prabang to witness the sacred Tak Bat, a centuries-old dawn ceremony as barefoot monks collect alms in quiet reverence. Return to the hotel for a relaxed breakfast before meeting a founder of the Traditional Arts and Ethnology Center. Gain insight into Lao ethnic crafts, handmade traditions, and the social realities facing women today. Afterward, return to the hotel, check out by noon, and transfer easily to the airport just 15 minutes away. Book flights no earlier than 12:45 pm.



What's Included

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- 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.

