



**Bring a
Friend!**
Everyone
saves \$100

2023 | Explore Thailand | 10 days

Bangkok, Kanchanaburi & Chiang Mai

Mar. 2 - 13 | Mar. 9 - 20 | Oct. 19 - 30 | Nov. 9 - 20 | Nov. 30 - Dec. 11 | Dec. 9 - 18 | Dec. 18 - 27

Ready for a bona fide Thai experience?

- ▶ Get an intimate look at **authentic Thai life**, from bustling Bangkok to storied Kanchanaburi and the northern villages.
- ▶ Taste **mouthwatering street food** in Bangkok's Chinatown and peruse stalls at Chiang Mai's night bazaar.
- ▶ Cycle through **Ayutthaya park**, witnessing stone stupas, crumbling palaces and ruins entwined in banyan trees.
- ▶ **Visit with the welcoming residents of Thai villages** and learn about their lives and local traditions.
- ▶ Rise early to witness an inspiring alms-giving ceremony, **a long-standing and sacred Buddhist ritual**.
- ▶ Try your hand at planting rice the traditional way and **learn how to perfect classic Thai dishes** with a local chef.
- ▶ Listen to chanting monks at a gilded **Chiang Mai temple**.

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Included Features

- **Small Groups** sized just right at 20 travelers
- **Comfortable accommodations**
- **Active Discovery Adventures** connect you to the local community and culture via foot, boat, bike and more; all led by **resident guides and experts**
- **Expert-led Enrichment talks** enhance your insight into the region
- Welcome Reception to mingle
- **Flexibility for free time** to pursue your interests and book optional adventures
- Tipping of guides and drivers
- Departures guaranteed to operate with just 8 travelers
- **AHI Sustainability Promise:** We strive to make a positive impact by directly benefiting the communities we visit

Discovery Adventures & Enrichment

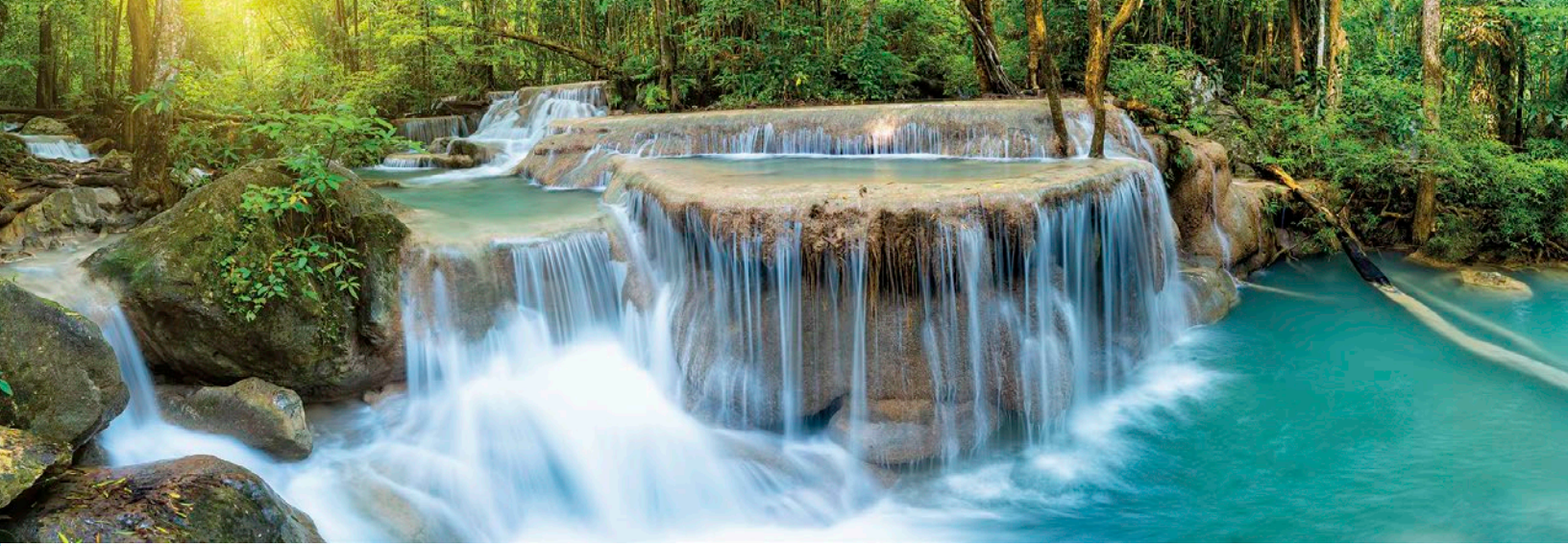
- Bangkok's Highlights.** Uncover the sights, cruise the canals and taste local cuisine.
- Ayutthaya Park.** Cycle through this archaeological miracle, dating back to 1350.
- Kanchanaburi Discovery.** Journey through WWII history and splash in Erawan Falls.
- Chiang Mai & Beyond.** Engage with a village family and explore their herb garden.
- Buddhist Ceremony & Temple.** Witness a traditional Buddhist ceremony and explore a beautiful and elaborate Chiang Mai temple.
- Rice Planting & Cooking Lesson.** Learn to plant rice and enjoy a culinary demo.
- Bamboo Rafting.** Float along the river to visit a traditional Lahu tribe and learn about their life. Visit a local nonprofit cafe to support the local community.
- Morning Yoga & Meditation.** Rise with the sun for a morning stretch.
- Chao Phraya River Cruise.** Celebrate your trip aboard a converted rice barge.

Accommodations

- **4 nights** in Bangkok, Thailand
- **2 nights** in Kanchanaburi
- **3 nights** in Chiang Mai

Transfers & Meals

- Private vehicle transfers in the Land Program
- 9 breakfasts, 6 lunches, 6 dinners, including Welcome & Farewell Dinners



Itinerary

Days 1-3 Travel to Bangkok. 🛩️ Arrive, transfer 🚗 to the hotel and start exploring!

Days 4-5 Encounter Bangkok's incredible monuments and Buddha statues, followed by a cruise through the lively canals in a traditional longtail boat. Join an expert foodie guide to sample local gastronomy in Chinatown.

Travel to Ayutthaya to see the fascinating ruins via bike. As you pedal through this ancient city, gaze at magnificent palaces and Buddhist monasteries. Rest and rejuvenate at a local restaurant.

Days 6-7 Travel to Kanchanaburi and unravel poignant World War II history at "The Bridge Over the River Kwai" and the Thailand-Burma Railway Centre.

Visit the stunning Erawan Falls for a refreshing splash and swim. If you wish, explore the surrounding environs and search for animals. Free time offers a chance to book optional activities.

Days 8-9 Fly to Chiang Mai. Travel to a local village to visit with a Lanna family. Tour a family's herb and spice garden and learn to make a Thai herbal compress. After a short massage, sit down to a traditional *kantoke*-style dinner.

Rise early for an alms-giving ceremony. Watch as saffron-robed monks walk through town and gather alms from locals, a time-honored ritual. Explore Chiang Mai's Wat Phra That Doi Suthep, a golden Buddhist temple. Back at the



hotel, try your hand at planting rice the traditional way and join a chef who demonstrates how to make a variety of local dishes. Cap off the day at the city's colorful night bazaar! You may find authentic gifts to bring home.

Days 10-11 A bamboo raft glides along the river, delivering you to a traditional village to visit with the Lahu tribe. Gain insight into their unique lifestyle while engaging with members of the community. Enjoy lunch at a nonprofit cafe, followed by free time.

Start your morning with a revitalizing yoga session. Fly back to Bangkok and enjoy a Chao Phraya River cruise on your final evening. Raise a toast to your adventure while taking in the sights along the river.

Day 12 After breakfast, transfer 🚗 to the airport for your return flight home! 🛩️

Flights 🛩️ and transfers 🚗 provided for AHI Further FlexAir participants.

AHI Travel Expertise

Passenger Service Representative | Helps with everything from arranging flights to fulfilling special requests.

Travel Director | Locally based guide who knows the area like the back of their well-traveled hand.

Travel Information | Prepares you fully for your journey.

Local Specialists | Provide friendly knowledgeable service and share their expertise and passion for their country.

Let us arrange your flights!

AHI Further FlexAir | Our personalized air program offers incredible advantages:

- price guarantee
- flexibility to change or cancel
- assistance with changes or delays
- flight insurance

PRICE

Full Price

\$2,495

All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).

Single accommodations are an additional \$445 (limited availability).

Program-specific terms and conditions are available at <https://umicfr.ahitravel.com/destinations/1777A?school-id=694>. You can also request a copy from our travel experts.

Note: Itinerary sequence and/or scheduled events may change. Walking is required on many excursions.

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🛩️ Electives available at an additional cost.

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