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NORTHERN EXPRESS

Private Tour

Chiang Mai - Chiang Rai - Golden Triangle - Chiang Rai

THREE-DAY PROGRAM, US\$689*

Day 1.

Pickup from Chiang Mai airport. Transfer to Wat Phra That Doi Suthep, a spectacular Buddhist temple that can be seen, from wherever you happen to be in the city, clinging to the mountainside near the summit of the Doi Suthep. Overlooking Chiang Mai from its lofty perch, some 1053 meters above sea level, the temple is best visited on days free of cloud of heat haze, the view of the city and the Ping valley beyond is breathtaking. Lunch at the local restaurant. Then you will explore the city centre on a tuk-tuk and visit one of the most important temples in the city. Wat Chiang Man is the oldest temple in Chiang Mai. Located within the walled city on Rajpakinai Road. Your trip will end at Warorot Market (Kad Luang) - Chiang Mai's oldest and most famous market. A traditional Lanna Khantoke dinner in the evening will give you a feel of the genuine local hospitality and cultural heritage the land is renowned for. Many believe this entertainment was designed for tourists, but the Khantoke dinner dates back many centuries, and it is still an essential party of any home celebration in that area.

Day 2.

Think about Thailand and animals at the same time and your thoughts will probably turn to elephant. Well-trained

elephants with brave and darling mahouts were crucial to the felling of teak forests around Chiang Mai and in the North in the past. Visitors to Chiang Mai can watch logging elephants at work at the Maesa Elephant Camp. During this trip you will witness the traditional techniques still used in the training process. Wonder at the delicacy and preciseness of these gigantic creatures as well as at their incredible artistic talent. Elephants paint on the paper of cloth using their imagination. The colours are selected by the individual mahout. The Maesa Elephant Camp has many intelligent elephants and adventurous visitors can also enjoy a short but unforgettable elephant ride. Afterwards, you will continue your journey to visit an orchid farm displaying a variety of Thailand's most exquisite blooms. At the Tiger Kingdom you will have an opportunity to walk into the cage (for an extra charge, depending on the visitor's age). Then you will set off for another famous city in the North of Thailand - Chiang Rai. As the trip will take almost 4 hours, we offer you to stop at Wieng Pa Pow village, located in a picturesque green valley surrounded by mountains. Attractions include Bo Nam Rong hot springs in the Khun Chae National Park with steep terrain and several hilltops and cliffs over 1400 meters high. One of the most popular activities at the hot springs is to boil eggs in the

boiling water. Clever vendors have attached baskets on a long pole making the activity safe and fun for customers of all ages. You first stop in Chiang Rai will be at magnificent world-famous Wat Rong Khun otherwise known as the White Temple. At the end of this eventful day you will visit a village where Karen tribe folks live. Overnight in Chiang Rai.

Day 3.

On this day you will visit the Golden Triangle area. The Golden Triangle is located in Sop Ruak, a small town, which sits at the meeting point of the Thai, Myanmar and Laos borders, at the junction of the Mekong and Sop Ruak rivers some 18 miles north of Chiang Rai. The views across the river to Laos and Myanmar are breathtaking and there are several pleasant open-air restaurants which provide panoramic vistas. You will embark on a boat trip along the Mekong River and make a stop en route to visit a traditional Laos village. On the Opium Museum you will find many interesting exhibits displays depicting opium dens of old. After lunch in a local restaurant, you will set off for Mae Sai, the northernmost point of the country, and across a small river lies a Myanmar town called Tachilek. Transfer to Chiang Rai airport.



AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation is not included. Please contact us for more details.

PAI ADVENTURE

Private Tour

Chiang Mai - Mae Hong Son - Pai - Chiang Mai

THREE-DAY PROGRAM, US\$357*

Day 1.

Pickup from Chiang Mai airport and transfer to the Huai Nam Dung National Park. You will visit the Doi Chang and Huay Nam Dung viewpoints, both of which command stunning views of the park. Then afterwards you will set off for the Nam Hoo temple situated approximately three kilometers from the center of Pai. The Nam Hoo Temple has been long revered by local Buddhists for its principle Buddha image, Luang Por Une Muang, dating back to the Chiang Saen. Mae Hong Son province is highly regarded as home to one of the most sacred Buddha images in Thailand and well respected by the Pai people. The bronze Buddha is shown seated with his legs crossed measured 88 cm wide x 111 cm high. The image is more than 500 years old and there is no clear history recorded. The head of the image is hollow and contains always full of holly water. Though the ever-flowing water in the hair bun of Une Muang Buddha image is a wonder, locals strongly believe it to be sacred. The water is believed to cure diseases, wash away misfortune, and bring good luck. Lunch will be served at a local restaurant. Your journey will continue to the Hot Spring for rest. You will visit Wat Phrathat Mae Yen to enjoy its peaceful and serene atmosphere, and admire vast panoramic views of Amphoe Pai. The perfect time to appreciate the scenery is at dawn and at sunset. There is no indication as to when Phrathat was built. Within the

temple area, there are only Phra Ubosot, and a 3-meter-high white bell-shaped chedi, with a round pedestal, and an outstanding umbrella-shaped top in Burmese style. Tourists usually climb up to admire the view, and worship the Reclining Buddha image. In the evening you will have an opportunity to explore the local Night Market. Overnight in Pai.

Day 2.

The first attraction we will show you today is Ban Rak Thai (literally «the Thai-loving village»), also known as Mae Aw, a village near Mae Hong Son. It was settled by former Kuo Min Tang (Nationalist) fighters from Yunnan Province, China, after the Communist takeover of China. The population is about 800 people, mainly Chinese or Thai-born Chinese. Many signs are in Chinese, and the residents speak a heavily accented version of Mandarin Chinese. If you speak Chinese, try it out, especially on some of the elderly people. They will be happy to speak with you, and can share some rather interesting stories of their lives before and after the exile, as well as about the drug trade that used to dominate the economy here. Then we will move to Phuklon Country club. Phuklon is one of the world's three natural mud hot spring. This hot spring is rich in minerals good for the skin and blood circulation system. Nowadays, Phuklon is well known for its health and beauty enhancing services using

natural mud from the hot spring. Lunch will be served at a local restaurant. In the evening you may visit the Mae Hong Son Night Market. Overnight in Pai.

Day 3.

On the way back to Chiang Mai we will pass a few unforgettable places. Our first stop is at Kaew Komol Crystal Cave. Inside the cave is a 30-meter vertical pothole. The entrance and exit is a 120- meter stairs and in order to preserve the nature, it is designed for visitors to see the beauty of the walls in a small space. Tourists are not allowed to go deep inside the cave since it is dangerous to go too far. This cave is considered as the most beautiful in Thailand and this kind of cavern can only be found in three places in the world. You journey will continue with a visit to Ob Luang, a national park in Chiang Mai offering a chance to discover the natural beauty of its amazing landscape shaped by curvy river and limestone mountain ranges. The river is also ideal for adventurous rafting while the area is best for relaxation. Lunch will be served at a local restaurant. Transfer to Chiang Mai airport.



AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation is not included. Please contact us for more details.

LOCAL LIFE EXPERIENCE (CHIANG RAI)

Private Tour

THREE-DAY PROGRAM, US\$530*

Day 1.

Pickup from Chiang Rai airport. Transfer to Lajia Lodge. Herbal local juice will be served during the check-in. The tour the Hmong & Lahu hill tribe village includes a visit to the shaman's house of the Hmong. You will drink tea with the shaman and discover why the fireplace is important to the Hmongs and why they bury placenta and umbilical cord of their newborn babies. In the evening you may enjoy a delicious dinner and traditional Hmong dancing performance. Overnight at Lanjia Lodge.

Day 2.

On this day you will visit the Golden Triangle area. The Golden Triangle is located in Sop Ruak, a small town, which sits at the meeting point of the Thai, Myanmar and Laos borders, at the junction of the Mekong and Sop Ruak rivers some 18 miles north of Chiang Rai. The views across the river to Laos and Myanmar are breathtaking and there are several pleasant open-air restaurants which provide panoramic vistas. You will embark on a boat trip along the Mekong River and make a stop en route to visit a traditional Laos village. On the Opium Museum you will find many

interesting exhibits displays depicting opium dens of old. After lunch in a local restaurant. you will set off for Mae Sai, the northernmost point of the country, and across a small river lies a Myanmar town called Tachilek. Transfer to Chiang Rai airport.

Day 3.

Early in the morning you will set off for Wat Tham Pa Archa Thong. The temple gets its name 'Archa', or 'horse' in Thai, from the unique tradition of the monks practiced only at this temple: To go for alms offerings on horseback. At the temple, the monks and the novices live close to the horses. This is an interesting way of life of monks who live among forests, and part of the Unseen Thailand that's worth a visit. Phra Kruba Nuea Chai Kosito, the abbot of Wat Tham Pa Archa Thong, was the one who started bringing horses to use as a means of transport at the temple. As the secluded place is located several kilometers from the village, from where the route passes through mountains and fields, the abbot who was an ex-trooper saw that horses were the most convenient carrier for monks. You journey will continue with a visit to Doi Tung. Known by locals as

Thailand's Switzerland, Doi Tung ('Flag Mountain') is an attractive mountain-top destination of forests and nearby Shan, Akha and Lahu tribal villages. Probably the most important attraction in the area is Wat Phrathat Doi Tung. Built one thousand years ago, the temple is an important place of pilgrimage for Buddhists from Thailand and overseas. A giant flag was flown from the point where the temple's chedis were built giving the 'flag mountain' its name. Doi Tung is also home to the Doi Tung Development Project, an initiative of Her Royal Highness Srinakarindra the Princess Mother (the grandmother of the current King Maha Vajiralongkorn) who passed away in 1995. Its main objective is to transform poor and vulnerable communities from dependency and basic subsistence living, towards full socio-economic sufficiency and independence. The Princess Mother's palace has been maintained exactly as it was when she stayed there. The grounds of the palace, Mae Fa Luang Garden, are extremely well kept and certainly worth a visit. On the back way to Chiang Rai you will visit magnificent world-famous Wat Rong Khun otherwise known as the White Temple. Transfer to Chiang Rai airport.



AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation is not included. Please contact us for more details.

ELEPHANT CAMP AND MAHOUT TRAINING (GOLDEN TRIANGLE)

THREE-DAY PROGRAM, US\$1523*

Day 1.

Transfer from Chiang Rai airport. On this day we will introduce you to the traditional Thai spa. Create your ideal spa journey with your choice of body treatments, including a heavenly massage, and luxurious facial or salon experience for 90 min. Overnight at the hotel.

Day 2.

Elephant learning experience. This one-of-a-kind adventure is designed to give you an overview of the exciting project carried out at this unique elephant research facility. The tour also includes walking and bathing with elephants.

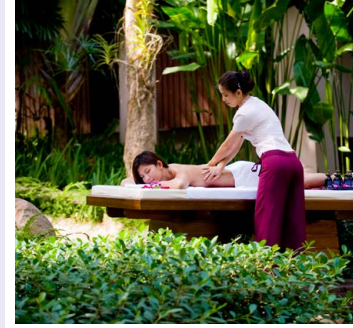
Day 3.

Transfer to Chiang Rai airport.

AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation and lunches are included. Please contact us for more details.



CHIANG RAI MOUNTAIN LIFE (CHIANG RAI)

THREE-DAY PROGRAM, US\$402*

Day 1.

Pickup from Chiang Rai airport. Surrounded by verdant forests and nestled within the mist-shrouded hills of northern Thailand, Katiliya Mountain Resort & Spa brings contemporary luxury to a land steeped in lore. After a long journey we will offer for you to pamper yourself with a 90-minute spa treatment provided by an experienced therapist. The choice of treatments include Thai Massage or aromatherapy oil massage with herbal compress.

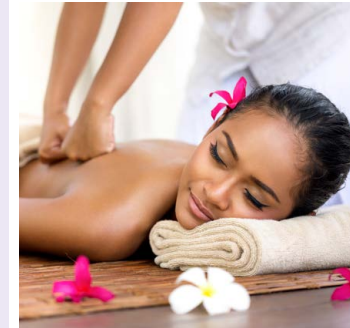
Day 2.

Early in the morning you will set off for Wat Tham Pa Archa Thong. The temple gets its name 'Archa', or 'horse' in Thai, from the unique tradition of the monks practiced only at this temple: To go for alms offerings on horseback. At the temple, the monks and the novices live close to the horses. This is an interesting way of life of monks who live among forests, and part of the Unseen Thailand that's worth a visit. Phra Kruba Nuea Chai Kosito, the abbot of Wat Tham Pa Archa Thong, was the one who started bringing horses to

use as a means of transport at the temple. As the secluded place is located several kilometers from the village, from where the route passes through mountains and fields, the abbot who was an ex-trooper saw that horses were the most convenient carrier for monks. After breakfast you will visit an Akha hilltribe village.

Day 3.

Transfer to Chiang Rai airport.



AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation and lunches are included. Please contact us for more details.

HILLTRIBE LIFESTYLE & TREKKING (CHIANG MAI)

THREE-DAY PROGRAM, US\$484*

Day 1.

Pickup from Chiang Mai airport. Welcome drink. Transfer by local open-air truck to the area near Pha Mieng. Start walking along the jungle trails to the remote village of Hmong Pha Mieng (1,5 hr.). Meet inhabitants of this small hilltribe village in the jungle. Picnic-style lunch in the forest. Walk to the top of the mountains (1,5 hr.) where the Red Lahu Village of Pha Daeng is located. Continue walking to the Lahu Village of Kup Kap (1 hr.), from where you can admire a spectacular view of the Mae Taeng district and Chiang Mai town glittering at night in the distance. Beyond the mountain peaks to the west lies Myanmar. Overnight at Lahu Outspot.

Day 2.

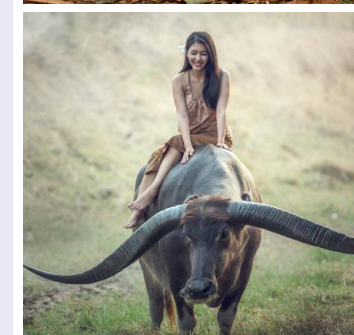
After breakfast we go walk down (1,5 hr.) passing by the Hua Sandharn Waterfall. Transfer by a local truck to the Rafting Station. Enjoy rafting down the river (about 45

min.). Return to Lisu Lodge by a local truck with a stop en route at a tea plantation - to relax and enjoy the magnificent landscape. An experienced guide will introduce you to the process of growing and harvesting tea as well as vegetation propagation to produce tea seedlings at the nursery, whilst teaching you how to pluck tea leaves and enjoy a cup of fresh - roasted tea. Picnic-style lunch. Arrival at Lisu Lodge. Guided by a Lisu villager, walk from Ton Lung temple to visit the herbal garden. Than continue through the village with a stop for a cup of tea at the local shaman's house. Chat with the Lisu shaman and learn about his life, beliefs, curing rites and Lisu traditions. Visit Rice paddies - walk with our guide through rice paddies where the villagers grow rice without the use of pesticides and insecticides. Besides strolling through the green or the golden carpet of the paddy fields, depending on the season, you will learn and participate in the various stages of rice cultivation in northern Thai style. At the Himmapaan nursery you will learn about the flora

of the northern Thailand and how they restore the forest ecosystem at a tree nursery of the Himmapaan Foundation whose goal is to support and implement environmental and social projects by working with local communities in areas affected by tourism. Visit the vegetable garden where the locals produce an organic fertilizer from leftover organic waste and grow a variety of vegetables used in many dishes served at Lisu Lodge. In the evening you will be offered a delicious Thai dinner and a traditional Lisu dance show. Overnight at Lisu Lodge.

Day 3.

Breakfast. In the morning you may take a guided bike tour around the Lisu Lodge area, have a steam bath or massage, or an embark on an ox-cart ride through farmlands and orchards to the Thai Village of Baan Pang Mai Daeng. Transfer to Chiang Mai airport.



AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation and lunches are included. Please contact us for more details.

HILLTRIBE SOFT ADVENTURE & COOKING CLASS (CHIANG MAI)

THREE-DAY PROGRAM, US\$520*

Day 1.

Transfer from Chiang Mai airport. Welcome drink. We will propose a choice of activities and you can decide how you want to spend the afternoon. Our Lisu guide will then take you for a walk through the village. You will walk from Ton Lung temple to visit the herbal garden. Then continue through the village with a stop for a cup of tea at the local shaman's house. Chat with the Lisu shaman and learn about his life, beliefs, curing rites and Lisu traditions. Visit Rice paddies - walk with our guide through rice paddies where the villagers grow rice without the use of pesticides and insecticides. Besides strolling through the green or the golden carpet of the paddy fields, depending on the season, you will learn and participate in the various stages of rice cultivation in northern Thai style. At the Himmapaan nursery you will learn about the flora of the northern Thailand and how they restore the forest ecosystem at a tree nursery of the Himmapaan Foundation whose goal is to support and implement environmental and social projects by working with local communities in areas affected by tourism. Visit the vegetable garden where the locals produce an organic fertilizer from leftover organic waste

and grow a variety of vegetables used in many dishes served at Lisu Lodge. During the afternoon you may take a guided bike tour around the Lisu Lodge area, have a steam bath or massage, or an embark on an ox-cart ride through farmlands and orchards to the Thai Village of Baan Pang Mai Daeng. In the evening you will be offered a delicious Thai dinner and a traditional Lisu dance show. Overnight at Lisu Lodge.

Day 2.

Breakfast. This exciting day will start with an easy 13 km cycling to Muang Guest. You will make a stop en route at a tea plantation to relax and enjoy a magnificent landscape at the plantation. An experienced guide will introduce you to the process of growing and harvesting tea as well as vegetation propagation to produce tea seedlings at the nursery, whilst teaching you how to pluck tea leaves and enjoy a cup of fresh - roasted tea. Continue cycling to Rafting Station. After a healthy picnic-style lunch on the bank of the river your adventure will continue with a 45-minute whitewater rafting that will take you a traditional Thai country village. Return to Lisu Lodges by a local truck. After arriving at

the lodge, you may relax until late afternoon. Afterwards you will have an opportunity to master some Thai cooking skills. The first lesson will be an introduction to an authentic Thai meal (4 dishes). All major ingredients in Thai cooking will be presented along with the concept of balancing the 5 flavours commonly found in many Thai dishes. You will receive a Thai Recipe Book that explains the recipes and provides information about local herbs and their nutritious benefits. At dinner, you will enjoy the dishes that you have prepared. Overnight at Lisu Lodge.

Day 3.

Breakfast. The second cooking class begin with a history of rice cultivation in Thailand, focusing on different types of rice species and Thai rice farming tools. Then you will be taught how to cook Thai sticky rice. Visit the lodge's organic vegetable garden and rice field. You will pick up herbs and vegetables from the garden to use them during the cooking class. Lunch will include a country-style barbecue, the sticky rice that you prepared earlier, and many delicious complimentary dishes. Transfer to Chiang Mai airport.

AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation and lunches are included. Please contact us for more details.



HILLTRIBE WALKING EXPERIENCE (CHIANG RAI)

THREE-DAY PROGRAM, US\$360*

Day 1.

Pickup from Chiang Rai airport. Welcome drink. Then you will walk from the lodge up the hill to the Lahu community. At sunset, you will see families cooking dinner, children playing on the road and people hanging out near their homes as farmers gather their things heading back home. At the edge of the Lahu village, the path begins, high up on the edge of the hill you will hike along the trails with the Mekong River and Laos on your right. The path will give you a sweeping view of the valleys, where you will walk through plantations, corn fields dotted with small bamboo huts. You will learn about the burial group of the Hmong hill tribe where tall grass grown in the shade of the lofty trees. Along the walk you will see farmers working on their fields.

On your way back you will walk along the path on the other side of the hill, where you will see mountain ranges, steep valleys and admire the stunning nature. The sunset on the mountain range side is really special with gentle lines showing layers of mountains in purple hues. In the evening you will be offered a delicious dinner and traditional Hmong performances. Overnight at Lanjia Lodge.

Day 2.

After breakfast you will watch a presentation of the Hmong and Lahu tribes, the Golden Triangle area and the giant catfish, the world's biggest fresh water fish found in Mekong River. You will also learn what activities affect the Mekong River and people whose lives depend on it. Then

you will embark on a tour of the Hmong and Lahu hilltribe village, that includes a visit to a Hmong shaman's house. You will drink tea with the shaman and discover why the fireplace is important to the Hmongs and why they bury the placenta and umbilical cord of their newborn babies. Lunch will be provided on a charming terrace overlooking the Mekong River and Laos. You will get first-hand experience in making Hmong batik handkerchieves with Hmong ladies (45 min.) Alternatively, you can learn how to make and set animal traps. Dinner. Overnight at Lanjia Lodge.

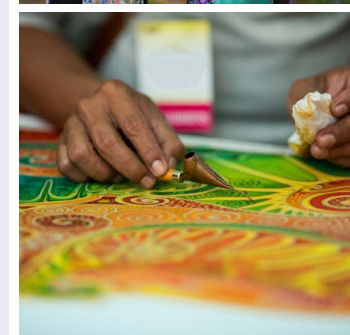
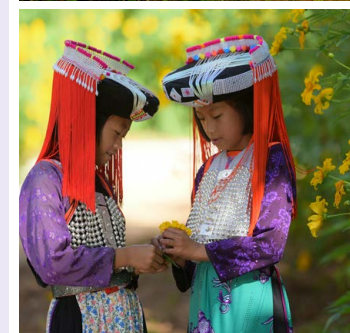
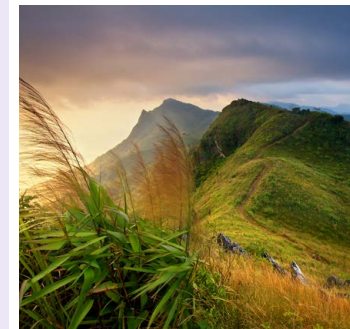
Day 3.

Breakfast. Transfer to Chiang Rai airport.

AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation and lunches are included. Please contact us for more details.



HILLTRIBE LIFESTYLE & THE GOLDEN TRIANGLE EXPERIENCE (CHIANG RAI)

THREE-DAY PROGRAM, US\$498*

Day 1.

Pickup from Chiang Rai airport. Welcome drink. Afterwards you will watch a presentation of the Hmong and Lahu tribes, the Golden Triangle area and the giant catfish, the world's biggest fresh water fish found in Mekong River. You will also learn what activities affect the Mekong River and people whose lives depend on it. Overnight at Lanjia Lodge.

Day 2.

After breakfast, you will set off for the Thai-Burmese border at Mae Sai District for a visit (at your own expense, you can cross the border to Myanmar to visit the Takhilek Market). Then you will drive along the border via Baan Pha Mee to visit Prathat Doi Tung, Doi Chang Mub Arboretum and the Doi Tung Palace. Lunch will be served at a local restaurant. In the afternoon you will continue your journey

to the Golden Triangle to visit the Hall of Opium (closed on Mondays). You will also embark on a long-tail boat cruise down the Mekong River to visit the Baan Had Bai fisherman village. Return to the lodge. Dinner and overnight at Lanjia Lodge.

Day 3.

Breakfast. Transfer to Chiang Rai airport.

AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation and lunches are included. Please contact us for more details.



HILLTRIBE LIFESTYLE AND MEKONG DISCOVERY (CHIANG RAI)

THREE-DAY PROGRAM, US\$635*

Day 1.

Pickup from Chiang Rai airport. Welcome drink. A video presentation will tell you about the various tribal people residing in Thailand, with the main focus on the Hmong and Lahu tribes, for them being your hosts at Lanjia Lodge. Another presentation will provide an overview of the various activities affecting the lives of people living by the Mekong River over decades. You will also learn some interesting facts about the famous Giant Catfish, the world's largest freshwater that can still be found in the Mekong. In the evening, you will enjoy a sumptuous dinner with local delicacies, followed by a Hmong and Lahu cultural performance. Overnight at Lanjia Lodge.

Day 2.

You will prepare yourself for an adventurous day with an early morning breakfast at the lodge. A local guide will show you a Hmong and Lahu village adjacent to the lodge,

called Baan Kiew Karn. You will learn about the traditions, beliefs and daily routines of these two tribes, and also enjoy a hands-on experience of the local Batik making, which you will be taught by an extremely skillful Hmong woman. Afterwards, the Shaman of the village will be pleased to answer all your questions regarding the local belief in Shamanism. Later, we will transfer you by a local truck to the nearby Baan Muang Karn village, from where you will board a local boat and cruise down the famed Mekong River to the city of the Chiang Khong. You will enjoy your lunch in a local restaurant by the river. After lunch, our guide will walk with you through this charming border town. You will also visit two temples on the way, before heading to the village of Ban Had Krai, where you will meet with local fishermen who have seen and caught the famous Giant Catfish, and who will be pleased to share their unique stories with you. As the last stop before arriving back at the lodge, you will visit the Wat Phra That Doi Jom Thong temple perched atop

a mountain and providing a stunning view over the Mekong River basin and Laos. Once you arrive back at the lodge, you will have some time to relax and prepare for another meal showcasing the unique flavors of the local cuisine. Overnight at Lanjia Lodge.

Day 3.

Breakfast. You will take a local truck and visit a small waterfall, where you will have an opportunity to swim in your own pool in the middle of a tropical forest. We will bring along a wonderful picnic-style lunch for you to enjoy, before returning to the lodge in the early afternoon. On your way back you will visit an organic tea farm, producing the famous Oolong tea, said to have an array of healing properties. Refreshment will be served at Lanjia Lodge before you check out. Transfer to Chiang Rai airport.

AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation and lunches are included. Please contact us for more details.



HILLTRIBE ADVENTURE TREKKING (CHIANG RAI)

THREE-DAY PROGRAM, US\$467*

Day 1.

Upon your arrival at the lodge in the early afternoon, you will be served herbal juice. After a brief rest, we will start trekking along a nature trail (3-4 hrs.) through evergreen mountains. You will visit a waterfall and a Hmong village en route. Then return to the lodge by a local truck. Enjoy a sumptuous dinner and watch traditional Hmong and Lahu performances. Overnight at Lanjia Lodge.

Day 2.

After breakfast, you will start a full day trek along the trail crossing forested mountains. Our experienced local guide will tell you about the jungle food. After a picnic-style lunch in the forest you will continue trekking downhill until you reach an authentic Thai village by the Kong River. Then a local truck back will take you back to the lodge. Dinner and overnight at Lanjia Lodge.

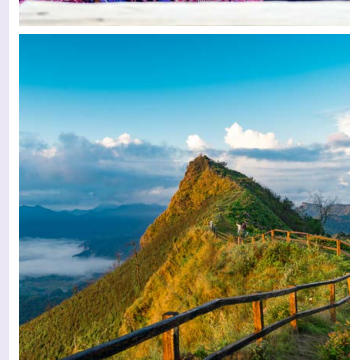
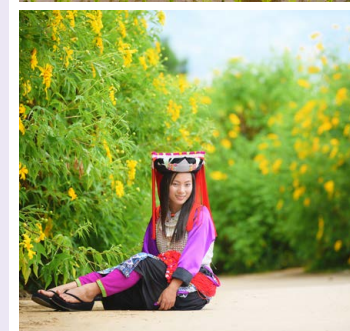
Day 3.

After breakfast, you will watch a presentation of the Hmong and Lahu tribes, the Golden Triangle area and the Giant Catfish, the world's biggest freshwater fish found in the Mekong River. You will also learn what activities affect the Mekong River and people whose lives depend on it. Transfer to Chiang Rai airport.

AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation and lunches are included. Please contact us for more details.



HILLTRIBE SOFT ADVENTURE TOUR (CHIANG MAI)

THREE-DAY PROGRAM, US\$485*

Day 1.

Pickup from Chiang Mai airport on an off- road vehicle to visit the hilltribe museum (closed on Saturdays, Sundays and on Public Holidays) and a local market in Mae Malai. Then your tour will continue with a visit to Ban Mae Taman of Elephant Camp for an elephant ride (1 hr.) followed by an ox-cart ride. After a picnic-style lunch, you will embark on inflatable rafts for an adventurous journey down the rapids in the white water and the scenic Mae Tang River for about an hour (the trip can be more or less dependable on the season). Afterwards you will set off for Ban Pang Hai, a simple village situated 850 meters above sea level. Then you will arrive at the Hmong Hilltribe Lodge for a barbeque dinner accompanied with cultural presentations and overnight.

Day 2.

After breakfast you will drive to a small village of Ban Teen Doi where you will take a short stroll to Ban Mae Pa. You will take a mountain bike tour to Ban Palan, visit a small village reservoir and continue biking to Ban Pong Kwaw where is to see an old temple with beautiful wall paintings. After a picnic-style lunch, you will drive to Ban Pok, Ban Pang Kwai and Ban Nong Mai along the mountainous roads. Your adventure will continue with trekking or mountain biking from Ban Nong Hoi Mai to Mae Khi village, where you can have coffee or tea in a Hmong kitchen. Return to Hmong Hilltribe Lodge for dinner and overnight.

Day 3.

After breakfast you will set off for Nong Hoi Kao to observe the Royal Project where the hill folks are taught to grow vegetables and flowers. The office of the Royal Project also buys the produce from these hill tribes. You will also visit the Queen Sirikit's Botanical Garden and an orchid farm. After lunch at a local restaurant you will visit a snake farm. Transfer to Chiang Mai airport.



AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation and lunches are included. Please contact us for more details.

DETOX (CHIANG MAI)

FOUR-DAY PROGRAM, US\$1898*

Day 1. Pickup from Chiang Mai airport. Aromatherapy. Orientation. Herbal bath. Dinner. Night tea.

Day 2. Wake-up drink. Breakfast includes fruit juice and tea. Colonic irrigation. Fruit juice. Thai massage. Reflexology foot massage. Colonic irrigation. Vegetable broth. Night tea.

Day 3. Wake-up drink. Morning juice. Steam room. Colonic irrigation. Lunch drink. Body scrub. Aromatherapy. Colonic irrigation. Evening drink - night tea.

Day 4. Wake-up drink. Morning juice. Colonic irrigation. Herbal tea, juice, fruits. Transfer to Chiang Mai airport.



MEDITATION (CHIANG MAI)

FOUR-DAY PROGRAM, US\$930*

Day 1. Pickup from airport Chiang Mai. Aroma therapy. Healthy dinner.

Day 3. Morning drink. Meditation. Lunch juice. Herbal steam room. Body scrub. Healthy dinner.

Day 4. Morning drink. Meditation. Healthy breakfast. Facial massage. Healthy lunch. Transfer to Chiang Mai airport.



Day 2. Morning drink. Healthy breakfast. Meditation. Thai massage. Healthy lunch. Reflexology. Healthy dinner.

YOGA PROGRAM (CHIANG MAI)

FOUR-DAY PROGRAM, US\$870*

Day 1. Pickup from Chiang Mai airport. Aromatherapy. Healthy dinner.

Day 3. Morning drink. Yoga. Lunch juice. Herbal steam room. Body scrub. Healthy dinner.

Day 4. Morning drink. Yoga. Healthy breakfast. Facial massage. Diet lunch. Transfer to Chiang Mai airport.



Day 2. Morning drink. Yoga. Healthy breakfast. Thai massage. Healthy lunch. Reflexology. Healthy dinner.



AGENCY FEE: 10%

Prices are quoted in USD per person. Minimum PAX: 2. The company reserves the right to change the tour schedule.

* Accommodation and full-board meals are included.