

20 LOW CARBON LIFESTYLES

amazing THAILAND



TRAVEL AROUND THAILAND

LOW CARBON *Lifestyles*



Tourism Authority of Thailand (TAT)

20 LOW CARBON LIFESTYLES

Many people wonder if tourism contributes to global warming and how it can simultaneously help preserve natural resources and the environment sustainably. Tourism, defined as traveling from one place to another for any reason (leisure, learning, inspiration, or new experiences), inevitably uses resources and impacts nature and the environment both directly and indirectly.

Would it be better if we can be part of the solution by considering tourism activities that emit the least carbon and have minimal impact on the world. The principle is simple: **"adjust, reduce, offsetting"** to make our world more livable.

Preserve precious culture based on tourism activities that are striking, fun, delicious, healthy and no carbon emissions according to the principles of net zero carbon tourism in adjusting: both material and behavior that affect on environment, reducing: wasteful use of resources environment resource superfluous, offsetting: create a balance to our planet.

20 Low Carbon Lifestyles introduces carbon-neutral tourism routes that cater to four lifestyles, allowing eco-conscious travelers to contribute positively to the environment. These new travel routes help travelers discover meaning in their journeys while experiencing the beauty of tourist attractions and also immersing in local cultures and Thailand's rich natural environment.

20 Low Carbon Lifestyles, a valuable travel experience that is more meaningful and fulfill every aspect of sustainability.



Table of *Content*

05 Carbon Neutral Tourism

09 Low Carbon Lifestyle Concept

08 How is measure the low carbon lifestyle routes?

10 Example of a zero carbon travel route

11 4 Themes Low Carbon Lifestyles



13 SLOW
TOURISM

35 GREEN
TRACK

57 GASTRONOMY **79** HEALTHFULNESS

CARBON NEUTRAL



Tourism

It is tourism that will restore the temperature balance back in this world by supporting tourism activities that emit low carbon. Focusing the impact of the environment with the concept of organizing tourism activities based on adjust-reduce-offset by adjusting activity patterns to environmental friendly travel. Reducing electrical energy use and rely on environment along with creating carbon balance in the atmosphere. Offsetting carbon generated from activities with "Carbon credits"

Let's
find your *Lifestyles*



TOURISM



How to measure the low carbon lifestyle routes.

20 Low Carbon Lifestyles Travelling Routes are measured by the amount of greenhouse gasemissions known as "carbon footprint" that can be released from activities by collecting data on the factors in activities to be calculated by using this formula:

$$\text{Carbon Emission} = \text{Activity Data} \times \text{Emission Factor}$$


The results from this calculation will show the carbon footprint from tourism activities, allowing us to know how much tourism impact the environment. Towards the use of carbon credits to offset carbon footprint emitted from tourism activities.

Carbon Offset

Carbon offset is another important mechanism for mitigating global warming. Restoring balance to global temperatures is the aim to offset greenhouse gas emissions from tourism. So that carbon emissions from tourism activities are equal to zero and known as "Carbon Neutrality" which is considered as a demonstration of environmental responsibility in creating climate balance from the tourism sector.

LOW CARBON Lifestyle

concept



Energy

- Use natural energy, alternative energy, or renewable energy
- Choose products with energy-saving labels
- Engage in low-energy or energy-free tourism activities



Transportation

- Walk or bike instead of conventional vehicles
- Use public transportation or carpooling
- Reduce fuel consumption and travel distances



Food

- Serve appropriate portions to reduce food waste
- choose to eat seasonal foods to reduce accelerated food production
- Reduce importing ingredients from outside to decrease transportation



Waste

- Properly sort and dispose of waste
- Choose containers or materials that can be reused multiple times
- Use materials that are biodegradable

Example of a zero carbon travel route:

Conquer the million-year-old rocky peak, Zero carbon at Ban Mung

No Carbon Climbing

Conquer the Pha Daeng Ban Mung Peak

Lunch

menu local

Admire the beauty of the stalagmites and stalactites

and listen the legend of Meri at "Tham Nang Sib Song"

Breakfast

"Rice wrapped in banana leaves" on the mountain top

Make the traditional dessert

"Khao Daek Nga" using natural charcoal from wood

Carbon Emissions Data

Transportation



Travelling by Aircraft

Carbon Emissions : 177.0000 KgCo₂eq/ person/1000 kilometers



Traveling by private car

Carbon Emissions : 130.0000 KgCo₂eq/ person/kilometer



Traveling by motorbike

Carbon Emissions : 268.0000 KgCo₂eq/ person/kilometer



Traveling by bike

Carbon Emissions : 130.0000 KgCo₂eq/ kilometer

Energy



Energy usage in average

Carbon Emissions: 15.0000 – 20.0000 kgCo₂eq/day

Food



Regular meals

Carbon Emissions~ 168.1000 kgCo₂eq/person/meal



Snacks/vegetarian food

Carbon Emissions~ 52.1000 kgCo₂eq/person/meal

Waste



Carbon Emissions~ 13.0000 kgCo₂eq/kilogram

Summary of carbon emissions from tourism

Use an E-Tan car as a vehicle for traveling	Climb Pha Daeng Mountain at Ban Mung	Eat 1 regular meal	Make local desserts	Visit Nang Sib Song Cave
268.6000 KgCo ₂ eq	330.8000 KgCo ₂ eq	168.1000 KgCo ₂ eq	19.9000 KgCo ₂ eq	4.6000 KgCo ₂ eq



Normal tourism
has a total carbon of
3,566.7000 KgCo₂eq/Trip



Low carbon tourism
has a total carbon of
355.3000 KgCo₂eq/Trip

4 THEMES LOW CARBON *Lifestyles*



SLOW TOURISM

Discover the future of travel with our slow tourism lifestyle, offering meaningful and eco-responsible experiences that cater to the quiet authenticity seeker. immerse yourself deeply in local cultures at a relaxed pace, staying in environmentally-friendly accommodations that support local economies. We provide serene, comfortable experiences without overwhelming eco-concepts, allowing easy access to genuine local culture and nature. Our thoughtfully integrated services strike the perfect balance between sustainability and authenticity, letting you unwind, explore, and connect deeply—all at your own unhurried pace. Experience the true essence of your destination while treading lightly on the earth and creating lasting memories.



GREEN TRACK

Embark on energy-efficient journeys that are good for your heart and our planet. Green track lifestyle caters to eco-conscious travelers and those beginning to explore sustainable tourism. We offer environmentally friendly transportation options like electric vehicles, bicycles, and walking tours, reducing carbon emissions while maximizing enjoyment. Our travel with purpose trend provides experiences with clear, positive impacts on local communities and the environment. From crafting sustainable travel packages to introducing new eco-friendly routes that preserve natural resources, we're paving the way for meaningful, responsible tourism. Join us in taking the first step towards regenerative travel, where even adventure activities are designed to minimize pollution and the perfectly blend of fun, sustainability, and purposeful exploration.



GASTRONOMY

Discover on a delicious journey that immerses you in Thai culture through its vibrant local cuisine. Our gastronomy lifestyle experiences cater to travelers seeking authentic culinary adventures, blending "through the roots" cultural exploration with hands-on experiences. Discover the diversity of Thai flavors through farm-to-table dining, cooking classes with local chefs, food tours exploring regional specialties, and seasonal ingredient spotlights. engage deeply with Thai culinary traditions, from sourcing fresh ingredients at local markets to mastering traditional cooking techniques. We collaborate with local restaurants, farms, and cooking schools to offer unique, culturally rich experiences that promote sustainability and preserve culinary heritage.



HEALTHFULLNESS

Dive into a journey of relaxation and holistic renewal with our healthfulness lifestyle experiences. Catering to the growing demand for destinations offering both physical and mental rejuvenation, we've crafted a unique blend of wellness activities that embrace quiet authenticity and through the nature lifestyles. Immerse yourself in traditional Thai healing therapies, modern wellness programs, and holistic health activities, all while enjoying spa treatments that harness local ingredients and nature-based healing experiences. Our offerings allow you to explore the tranquility of Thailand's natural landscapes and discover innovative health practices, from ancient wisdom to cutting-edge wellness technology. Experience the healing power of specific local environments and learn from unique cultural lifestyle practices that enhance your health journey.



North

- LEISURELY CYCLING THROUGH CHIANG SAEN: EXPLORING THE BIRTHPLACE OF LANNA CULTURE CHIANG RAI
- HIKING IN MAE HONG SON: EXPLORING LAHU VILLAGES MAE HONG SON
- LOCAL DELICACIES: NARRATING CHIANG MAI'S WAY OF LIFE CHIANG MAI
- FOOD AS MEDICINE: THAI WISDOM HEALING AT THAI CHAINA SUEK SUKHOTHAI



Northeast

- EXPLORING ISAN: SLOW LIFE IN UBON CITY UBON RATCHATHANI
- REST YOUR BODY NEAR KHAO YAI, HEAL YOUR SOUL THE GREEN WAY NAKHON RATCHASIMA
- ZESTY ISAN: AUTHENTIC FLAVORS OF THE NORTHEAST KHON KAEN
- UDONTHANI'S RED LOTUS SEA: A SERENE BOAT JOURNEY UDONTHANI



Central

- EXPLORING MAE KLONG: EMBRACING BALANCED HAPPINESS SAMUT SONGKRAM
- CYCLING THROUGH THE ANCIENT CAPITAL, DISCOVERING THE TALES OF MON BRICK MAKERS AYUTTHAYA
- EXPLORE THE ANCIENT CAPITAL: DISCOVERING AYUTTHAYA'S CHARM THROUGH ITS SWEETS AYUTTHAYA
- SOAK AND REJUVENATE: KANCHANABURI'S FOREST HOT SPRINGS KANCHANABURI



East

- BEACHSIDE SERENITY: EXPLORING TRAT THE ECO - FRIENDLY WAY TRAT
- JOURNEY ON RAILWAY: A LOCAL TRAIN RIDE TO WIMAN DIN IN PAED RIW CHACHOENGSAO
- CHANTABURI'S TRIPLE DELIGHT - COASTAL CRABS, HAWKS WATCHING & SPICE GARDENS CHANTHABURI
- RAYONG: REJUVENATE BODY AND SOUL WITH SOUND HEALING RAYONG



South

- CAVE RIVER CRUISE: EXPLORING NATURE ACROSS TWO PROVINCES NAKHON SI THAMMARAT
- TRAIN JOURNEY TO SAWI: EMBRACING THE CHUMPHON EXPERIENCE CHUMPHON
- DELICIOUS GREEN DISHES AT NAI NANG KRABI
- KRABI'S UNIQUE SALT HOT SPRINGS: HERBAL MASSAGE PARADISE KRABI

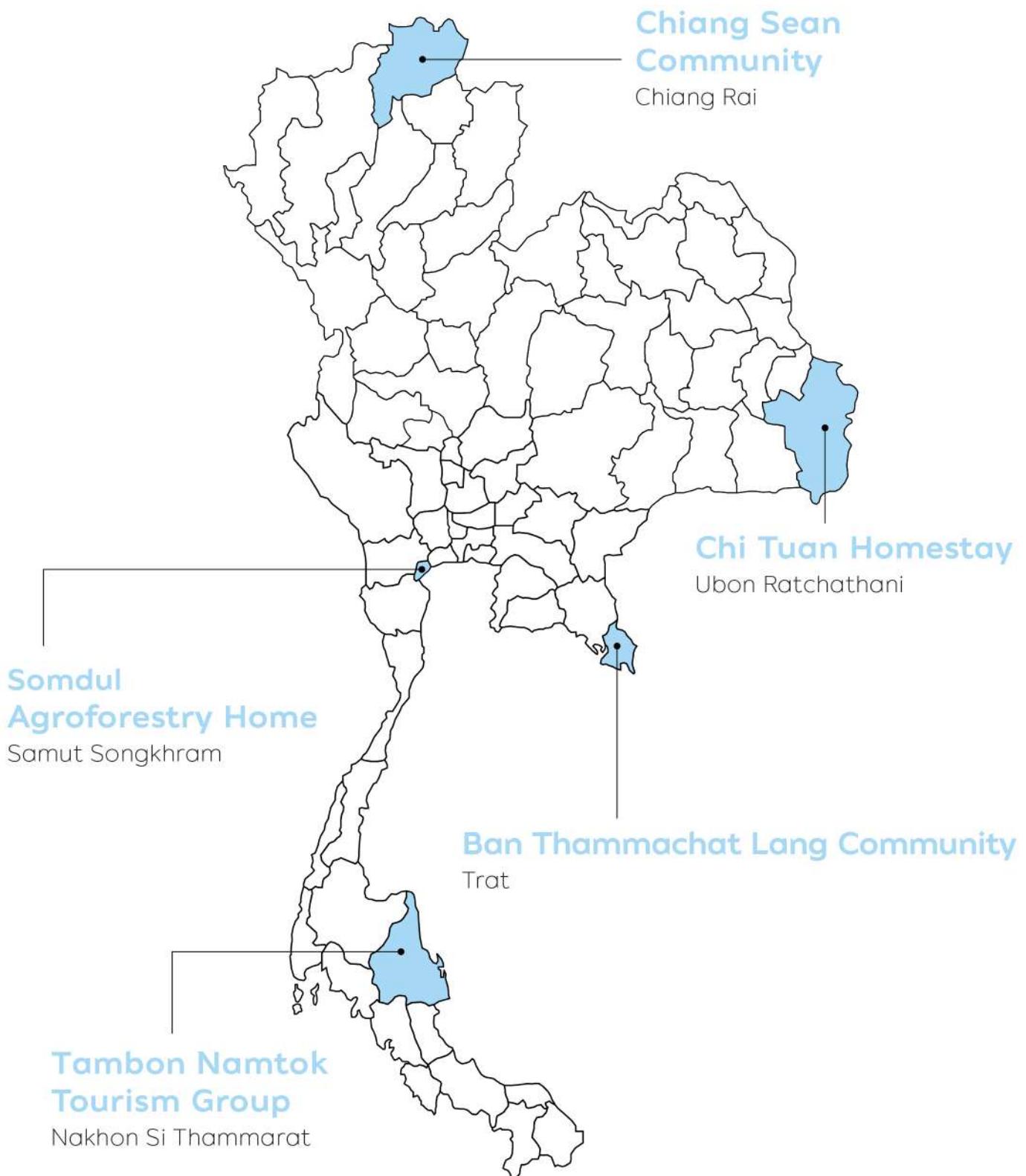
20 LOW CARBON LIFESTYLES

SLOW TOURISM LIFESTYLE



EMBRACING QUIET AUTHENTICITY

SLOW TOURISM



Leisurely Cycling through Chiang Saen:

Exploring the Birthplace of Lanna Culture

Chiang Sean Community

Journey to Chiang Saen, the northernmost ancient city in Siam, a living historical town along the Mekong River marks the birthplace of Lanna civilization, still captivating visitors with its cultural charm. The blend of traditional Lanna lifestyle and vibrant riverside commerce adds color to this city, nestled amidst the ruins of centuries-old monuments and temples that retain their beauty to this day. Stroll leisurely along the old city walls, or opt for a morning bicycle ride, soaking in the early sunlight. Meander through narrow alleys until the afternoon sun begins to wane, then find a perfect spot by the Mekong's shore to watch the sunset paint the sky. Here, history comes alive, inviting you to experience the deep-rooted heritage of Northern Thailand at a relaxed pace.

Highlight Activities

Chiang Sean Community
Chiangrai

SLOW TOURISM

Cycling Through Old Chiang Saen

Journey to Chiang Saen, the northern most ancient city in Siam. This living historical town along the Mekong River marks the birthplace of Lanna civilization, still captivating visitors with its cultural charm. The blend of traditional Lanna lifestyle and vibrant riverside commerce adds color to this city, nestled amidst the ruins of centuries-old monuments and temples that retain their beauty to this day. Stroll leisurely along the old city walls, or go for a morning bicycle ride, soaking in the early sunlight. Meander through narrow alleys until the afternoon sun begins to wane, then find a perfect spot by the Mekong's shore to watch the sunset paint the sky. Here, history comes alive, inviting you to experience the deep-rooted heritage of Northern Thailand at a relaxed pace.

 The total of carbon emissions
0.0000 KgCo₂eq/person



SLOW
TOURISM

SLOW TOURISM

Crafting Lanna Offerings for Buddha Relic

Pedal your way along the ancient city walls of Chiang Saen, stopping to explore old temples that bear witness to the former glory of the Lanna kingdom. Your journey will take you to remarkable sites such as Wat Pa Sak: Marvel at its perfectly preserved Lanna-style pagoda, surrounded by over 300 teak trees. Wat Chedi Luang: An important ancient temple featuring the largest bell-shaped pagoda in Chiang Saen. For those seeking a bit more adventure, cycle beyond the city walls and climb the stairs to Doi Noi or Wat Phra That Chom Kitti. Here, you can enjoy panoramic views of the neighboring countries and pay respects to the pagoda housing Buddha relics. As you continue your ride, weave through the charming streets lined with traditional wooden houses adorned with intricate Kalae (crossed wooden gable finials) and browse the lively Chiang Saen market. Cap off your cycling tour with a relaxing evening by the Mekong River, where you can unwind and watch the sun set over the water, painting the sky in vibrant hues. This blend of historical exploration and natural beauty offers a perfect balance of activity and tranquility, allowing you to fully immerse yourself in the rich culture and serene atmosphere of old Chiang Saen.

 **The total of carbon emissions**
90.0000 KgCo₂eq/person



03



Delving into Lanna Astrology

Immerse yourself in the rich tapestry of Lanna history, tracing its roots back to the ancient Yonok Chiang Saen era—the birthplace of Lanna culture and civilization. This journey through time reveals how deeply ingrained traditions and beliefs continue to shape the lives of Chiang Saen's people today. Delve into the heart of Buddhist devotion and the practice of enhancing one's fortune through a hands-on activity called "Tang Da." This traditional craft involves creating sacred offerings adorned with: Local flowers, betel nut arrangements, ceremonial candles, auspicious items made from indigenous materials. As you carefully assemble these elements, you'll gain insight into the symbolic significance of each component in Lanna culture. The process itself is meditative, allowing you to connect with centuries-old traditions. Once complete, present your handcrafted offering at a local temple. This act of devotion is believed to heal the spirit, bring good fortune and enhance your life's auspiciousness.

 **The total of carbon emissions**
0.0000 KgCo₂eq/person

 **The total amount of greenhouse gas emissions from all 3 activities is**

90.0000
KgCo₂eq/person



Recommended Activities

- Four Kingdoms Picnic in Traditional Dress
- City Tour by Tram
- Eco-print Fabric Workshop

Recommended Restaurants

- Singha Park Chiang Rai
- Leelawadee Restaurant Chiangrai

Recommended Accommodations

- The Riverie by Katathani | Chiang Rai
- Le Méridien Chiang Rai Resort

Contact

Chiang Sean community

Coordinator : Khun NamWarn

Phone Number : 06-2809-5831

f Chiang Saen Activity Center

คุณย์ร่วมกิจกรรมก่อจงเกี่ยว เชียงแสน

Destination Management Company

Northern Smile Group Company Limited

Phone Number : 05-3289-657

Email : reservations@northernsmiletravel.com

Exploring Mae Klong: Embracing Balanced Happiness

Samut Songkhram

Somdul Agroforestry Home

Escape the hustle and bustle of the big city and find solace in a quaint café nestled within an integrated agricultural garden, surrounded by trees of various sizes along the Mae Klong River. This destination embodies the concept of "balanced happiness," harmonizing human life with nature's rhythms. The journey began with a passion for environmental knowledge, connecting it to a lifestyle that depends on nature. This vision has transformed into an integrated agricultural space that now serves as an educational tourist attraction. Here, visitors can explore sustainable farming practices, attend seminars on sustainability, and discover ecofriendly products. The café itself is a testament to environmental consciousness. Drinks are served in various aluminum containers, adding a unique charm to the establishment while ensuring 100% recyclability. This innovative approach not only creates an engaging experience for visitors but also contributes to the global balance by reducing waste. At Mae Klong, you'll find more than just a peaceful retreat. It's a place where you can learn about sustainable living, enjoy nature's bounty, and participate in creating a more balanced world. Whether you're sipping a drink by the river or exploring the agricultural gardens, you'll be part of a bigger picture-one where human enjoyment and environmental care go hand in hand.

Highlight Activities

Somdul Agroforestry Home
Samutsongkhram



Understanding Balanced Agriculture, Creating Sustainable Happiness

Embrace a slow-paced life as you stroll through coconut groves, absorbing and learning about integrated farming methods that grow crops without chemicals, preserving the ecosystem and the health of inhabitants. Visit an area where happy, free-range egg-laying hens roam naturally. Observe organic salad vegetable plots in greenhouses, grown for home cooking and sharing with neighbors when there's excess. Walk a bit further to reach the stingless bee farm, home to insects valuable for maintaining nature's balance and capable of being developed into premium health products. Breathe in the scent of soil, wood, and green leaves for inspiration. Then, sit and sip a refreshing drink by the water, letting tranquility soothe your heart into a state of balanced happiness before heading home.

 **The total of carbon emissions**
0.0000 KgCo₂eq/person



SLOW
TOURISM

SLOW TOURISM

02



Opening Your Heart to Visit the Home of Bees

Open your mind to get to know "Channarong" or tiny stingless bees, small social insects without a stinger, but with a grand role in pollinating flowers and trees in gardens, just like regular bees. Delve deeper, and you'll discover that these tiny bees don't tolerate any chemicals. If you see these little ones buzzing around, you can be confident that the garden or vegetable plot is truly safe. Of course, if you get to taste the honey from these stingless bees at the Bee Sanctuary in Balance Farm, your happiness receptors will work overtime, truly balancing your body. However, this opportunity might be rare as the price of stingless bee honey is quite high. But don't worry-there are still health-conscious menu items to taste at the restaurant and environmentally friendly products available to purchase, allowing you to take a piece of this healing experience home with you.

The total of carbon emissions

0.0000 KgCo₂eq/person



03



Kayaking to Watch the Sunset on the Mae Klong River

Enjoy a super chill atmosphere, letting the river current and the golden evening sunlight heal your restless heart. Focus on the paddle and balance your body on a SUP Board or kayak as you glide along the Mae Klong River. Cruise along the riverbank to admire the beauty of riverside lifestyles and wooden houses, with rows of coconut trees and Sonneratia caseolaris trees stretching their branches to create homes for fireflies-a famous highlight when night falls.

The total of carbon emissions

0.0000 KgCo₂eq/person



The total amount of greenhouse gas emissions from all 3 activities is

0.0000

KgCo₂eq/person



Recommended Activities

- Nature Painting
- Coffee Cupping

Recommended Restaurants

- Ranjuan Amphawa
- Chalsamran | Amphawa

Recommended Accommodations

- Baan Amphawa Resort & Spa

Contact

Somdul Agroforestry Home, Samut Songkhram
Coordinator : Khun May

Phone Number : 09-8362-9894

Somdul Agroforestry Home

Destination Management Company

Local Alike Company Limited

Phone Number : 06-4559-8636

Email : info@localalike.com



Cave River Cruise: Exploring Nature Across Two Provinces

Nakhon Si Thammarat



Tambon Namtok Tourism Group

Embark on an Unseen natural adventure with a new hidden tourist route in Thung Song district, Nakhon Si Thammarat. Relax and let the water carry you through large cave chambers, experiencing their beauty before emerging-as if through a time portal-into another province. Travel slowly, immersing yourself in the sounds of flowing water, the breeze, the sunlight, and the lush greenery of the forest. Forget the chaos of the outside world and let nature embrace you. Take deep breaths and fill your lungs with fresh air.

Highlight Activities

Tambon Namtok Tourism Group
Nakhon Si Thammarat

SLOW TOURISM

Kayaking Through Caves Across Provinces

Put away your phone and let your heart flow with the river current. Sit back comfortably or paddle a kayak along the stream from Ban Nam Tok in Thung Song district, Nakhon Si Thammarat province. This hidden tourist spot is nestled in a large forest near several waterfalls and canyons, and importantly, it's still relatively unknown to most. Float slowly past green tree lines before entering the water-traversed cave. Take your time to admire the beauty of stalactites and stalagmites. Pause to capture cool photos with light beams piercing through rock crevices. Your journey ends at Tham Wang Phraya Pichai Songkhram cave in Ratsada district, Trang province. It's truly amazing—one boat ride takes you through two provinces.

 The total of carbon emissions
0.0000 KgCo₂eq/person



SL
OW
TOURISM

SLOW TOURISM

Nature Trail Hiking: Following Wild Deer Tracks

Explore and admire the beauty and abundance of Nakhon Si Thammarat's forest, home to various wildlife species. Particularly noteworthy is a herd of over 200 wild deer that roam in search of food, leaving tracks for us to study and appreciate their beauty. Take a leisurely walk along a 2 kilometers nature trail. Listen to stories from local forest guides as you observe birds and trees. The hike typically takes about 2-3 hours, depending on your fitness level and how much you enjoy each moment.

 **The total of carbon emissions**
0.0000 KgCo₂eq/person

02



 **The total amount of greenhouse gas emissions from all 2 activities is**
0.0000 KgCo₂eq/person

0.0000

KgCo₂ eq/person



Recommended Activities

- Swimming or camping at Tarn Thip Waterfall
- Orchard and Farm Tour

Recommended Restaurants

- Chao Ruea Restaurant

Recommended Accommodations

- Hop Inn Nakhon Si Thammarat
- Grand Fortune Hotel Nakhon

Contact

Tambon Namtok Tourism Group

Nakhon Si Thammarat

Coordinator : Khun Dear

Phone Number : 08-5654-1785

 MEENA CAFE

Destination Management Company

T. Adventure & Learning Company Limited

Phone Number : 08-2824-4615

Email : tarzanthailand@gmail.com

Beachside Serenity: Exploring Trat the Eco-Friendly Way

Trat



Ban Thammachat Lang Community

Journey to Thailand's easternmost province, "Trat", a diverse and naturally abundant land. With over fifty islands, beautiful sandy beaches, and crystal-clear waters, its lifestyle and seafood attract tourists year-round, making you forget about the travel distance. Pin your destination to "Thammachat Lang" a beachfront community with an atmosphere perfect for resting your body and freeing your mind to the sea breeze, sunshine, and sound of waves. Engage in eco-friendly tourism activities all day long. We guarantee that this Trat trip will bring you both inner happiness and physical comfort to take back home.

Highlight Activities

Ban Thammachat Lang Community
Trat



SLOW TOURISM

Forest Leaves to Beautiful Fabric Patterns

Let your imagination run wild on fabric as you select beautiful leaves with your heart and press them into stunning patterns using the Eco Printing technique. Listen to the story of three-forest dyeing, utilizing community forests, herb gardens, and mangrove forests to create valuable medicinal properties and beautiful, environmentally friendly products from the community. At the end of the session, you'll have the chance to take home a one of a kind souvenir designed by you a truly unique souvenir of your eco-friendly Trat experience.

 **The total of carbon emissions**
100.0000 KgCo₂eq/person



01



SLOW
TOURISM

SLOW TOURISM



Adding Colors to Planters Made from Marine Debris

Sit and relax under the shade of trees or near the beach, then pick up a brush to add colors to small plant pots. These planters are created by the Thammachat Lang community, who upcycle marine debris into eco-friendly products.

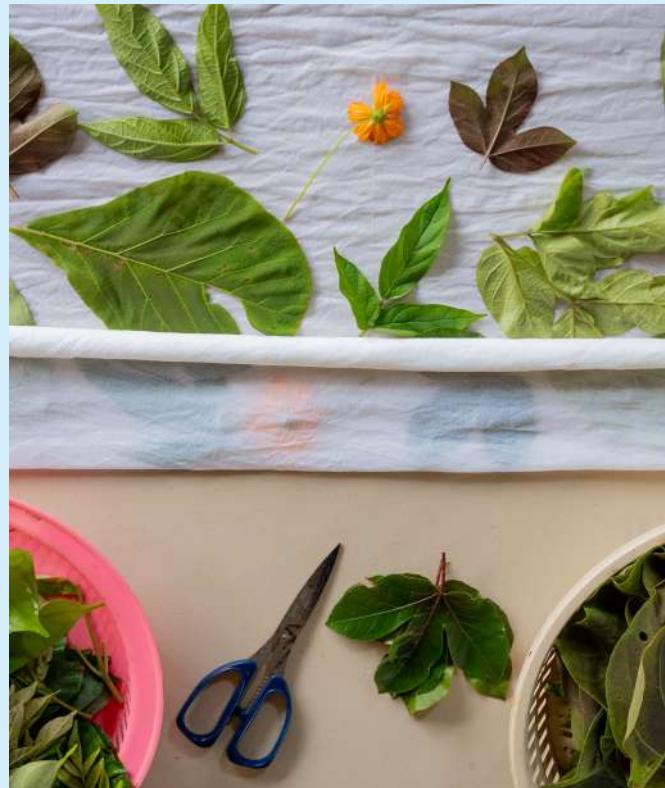
 **The total of carbon emissions**
100.0000 KgCo₂eq/person

 **The total amount of greenhouse gas emissions from all 2 activities is**

200.0000

KgCo₂ eq/person





Recommended Activities

- Red Sand Spa
- Herbal Compress Workshop
- Herbal Foot Spa

Recommended Restaurants

- Dan Mai Seafood Restaurant
- Kluai Nam Wa Restaurant

Recommended Accommodations

- The Spa Koh Chang Resort, Koh Chang
- Banpu Resort Trat
- Centara Koh Chang Tropicana

Contact

Ban Thammachat Lang Community Trat

Coordinator : Khun Ou

Phone Number : 09-5879-0691

f วิสาหกิจชุมชนก่อจงเกี่ยวบ้านธรรมชาติล่าง ตราด

Destination Management Company

Local Alike Company Limited

Phone Number : 06-4559-8636

Email : info@localalike.com

Exploring Isan: Slow Life in Ubon City

Ubon Ratchathani



Chi Tuan Homestay

Visit the beautiful lotus city of Isan and experience its history and traditional way of life, which still holds charm beyond the famous Candle Festival. Take a leisurely stroll to explore ancient temples, then immerse yourself in the warm hospitality of the ancient Chi Tuan community. Enjoy activities and homestay accommodations that allow you to experience a slow-paced lifestyle and truly connect with the essence of Isan culture. Enjoy activities and homestay accommodations that allow you to experience a slow-paced lifestyle and truly connect with the essence of Isan culture.

Highlight Activities

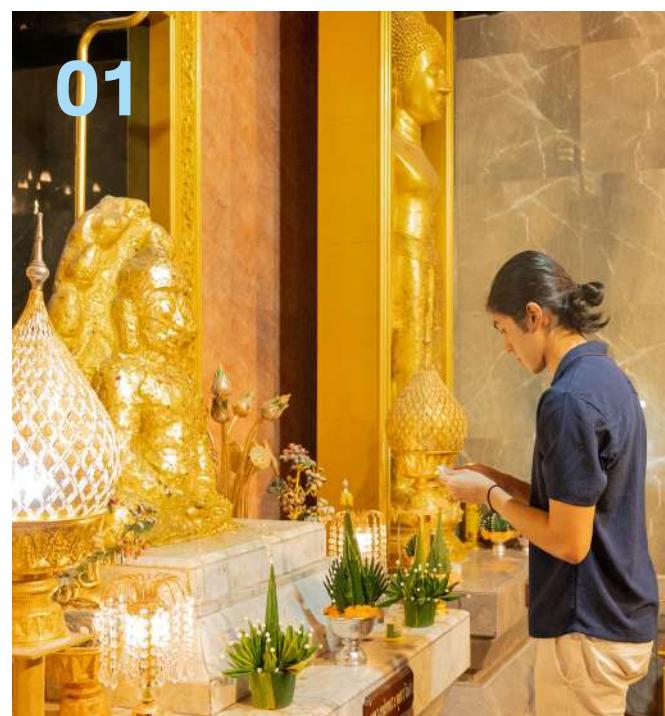
Chi Tuan Homestay
Ubon Ratchathani

SLOW TOURISM

Temples and Art in Ubon Ratchathani

Embark on a spiritual and cultural journey through Ubon Ratchathani, exploring its magnificent temples and rich artistic heritage. Start your tour with a visit to Phra That Nong Bua, also known as Phra That Chedi Si Maha Pho. This grand stupa, a replica of the Mahabodhi Temple in Bodh Gaya, India, stands as the city's iconic landmark. Inside, a golden stupa enshrines sacred Buddha relics. Take time to admire the intricate architecture and peaceful ambiance of this revered site. Next, explore the temple grounds, where you'll find equally stunning viharas (assembly halls) and ubosots (ordination halls). These structures showcase the exquisite craftsmanship and artistic traditions of Ubon Ratchathani. Continue your cultural exploration at the Ubon Ratchathani National Museum. Here, you'll journey through time, discovering the rich history, art, and evolving lifestyle of Ubon's people from ancient times to the present day. The museum's exhibits offer fascinating insights into the region's cultural tapestry.

Cross the street to pay respects at the City Pillar Shrine, a sacred site believed to bring good fortune to visitors and residents alike. Conclude your tour with a relaxing stroll through Thung Si Muang Park. This verdant oasis in the heart of the city provides a perfect spot to unwind under the shade of trees, reflecting on the day's discoveries and the enduring beauty of Ubon Ratchathani's cultural landscape.



 The total of carbon emissions
0.0000 KgCo₂eq/person

Slow
Tourism

SLOW TOURISM

02



Immerse in Chi Tuan Lifestyle: Join a Khan Mak Beng Making Circle

Experience the warmth and hospitality of the Chi Tuan community in the ancient settlement of "Nakhon Lamduan". This living heritage site preserves the unique culture and traditions of the original Khmer inhabitants. Settle into a relaxed circle with community members, engaging in friendly conversation and cultural exchange. As you chat, you'll participate in crafting a "Khan Mak Beng" a traditional floral offering tray. This hands-on activity introduces you to local flowers and their significance, eco-friendly materials that naturally decompose and the art of creating beautiful, symmetrical designs. The Khan Mak Beng plays a crucial role in the "Bai Sri Su Kwan" ceremony, a traditional Isan (Northeastern Thai) welcome ritual. By crafting this offering, you're not just creating a beautiful object; you're participating in a centuries-old tradition of hospitality and blessing. As you work with fragrant flowers and natural materials, guided by the skilled hands of community elders, you'll gain a deeper appreciation for the intricate customs that have shaped this region's identity. The finished Khan Mak Beng serves as both a beautiful souvenir and a symbol of the warm welcome you've received in this unique corner of Thailand.

 **The total of carbon emissions**
200.0000 KgCo₂eq/person

Cross the Field Bridge and Explore the Famous pulpit

Immerse yourself in the beauty of the Chi Tuan village community with a stroll across the "Field Bridge," locally known as Khua Noi Ban Chi Tuan. This iconic structure offers panoramic views of the surrounding countryside and holds deep significance in local history. As you walk across this living piece of history, imagine the countless stories it could tell. The bridge not only connects two physical spaces but also links the present to the rich cultural past of the Chi Tuan people. From the bridge, you can see Wat Si Phra That on the opposite bank, adding context to the bridge's historical importance in funeral rites. This vantage point offers a unique perspective on how landscape and culture intertwine in rural Thai communities. Whether you're capturing the perfect sunset photo or simply enjoying a leisurely walk, the Field Bridge provides a tangible connection to the enduring spirit and traditions of the Chi Tuan village. It's a must-visit spot for those seeking to understand the depth of local culture and the beauty of everyday life in this historic community.

03





Continue your journey to Wat Si Nuan Saeng Sawang Arom, where you'll encounter a true masterpiece of local artistry: the Lion-Supported Pulpit (Thammas Sing Thoen Butsabok). This exquisite pulpit was designed by Yuan craftsman and showcases a unique blend of symbolic art styles: Mahayana Buddhist influences from China, carved lions supporting the pulpit structure with Decorative French-style floral motifs and sculptures of Isan and Western deities. This remarkable piece of folk art has been recognized for its cultural value and is registered as part of Thailand's national cultural heritage. The pulpit exemplifies the rich cultural tapestry of the region, blending various artistic traditions into a singular, awe-inspiring work. From the historical significance of the Field Bridge to the intricate craftsmanship of the Lion-Supported Pulpit, this journey offers a unique glimpse into the enduring traditions and evolving artistry of rural Thailand.

The total of carbon emissions

0.0000 KgCo₂eq/person

 The total amount of greenhouse gas emissions from all 3 activities is

200.0000

KgCo₂eq/person



Recommended Activities

- Cooking Class Local Food
- Workshop Local weaving

Recommended Restaurants

- Sala Thong Restaurant
- Mae Nam Song Si Restaurant

Recommended Accommodations

- Centara Hotels & Resorts
- HOP INN Ubon Ratchathani

Contact

Chi Tuan Homestay Ubon Ratchathani
Coordinator : Khun Kae
Phone Number : 08-9282-9974

 បាយបេក្ខបែង ឪនសេត្យ

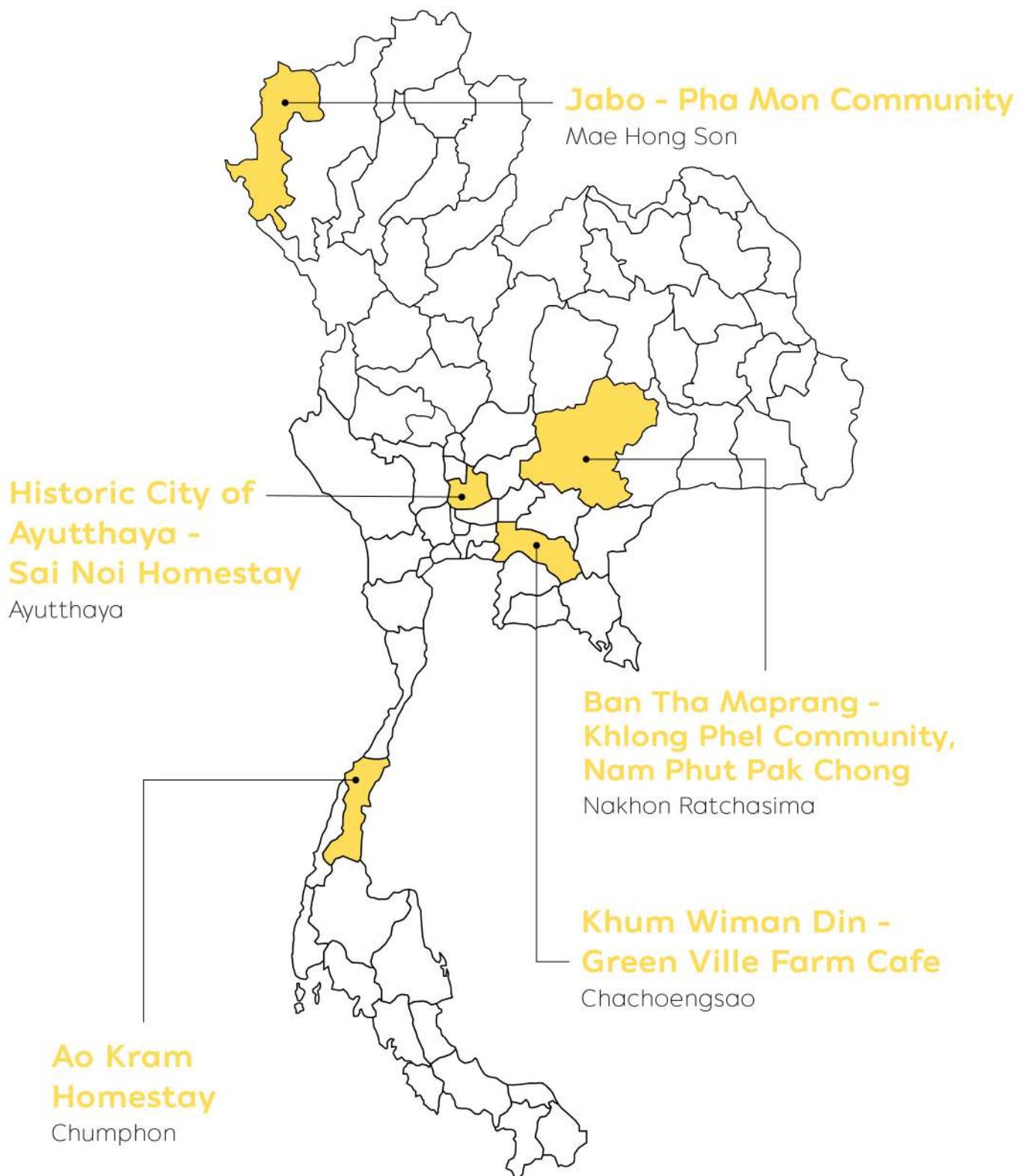
Destination Management Company

Sridara Tour Company Limited
Phone Number : 08-2365-6514
Email : sridaratour@gmail.com

GREEN TRACK LIFESTYLE

FUN AND ECO-FRIENDLY TRAVEL

GREEN TRACK



Hiking in Mae Hong Son: Exploring Lahu Villages

Mae Hong Son

Jabo - Pha Mon Community

Experience Mae Hong Son from a fresh perspective with a deeper, greener approach to travel. This adventure invites you to trek through lush forests in search of mesmerizing sea mist views while immersing yourself in the rich culture of hill tribe communities. This eco-friendly trekking experience offers a perfect blend of natural wonder and cultural enrichment. As you walk in the footsteps of the Lahu people, you'll gain a deeper appreciation for their harmonious relationship with the surrounding environment. Prepare for an unforgettable adventure that will challenge your body, expand your mind, and touch your soul as you explore the hidden gems of Mae Hong Son's highlands.

Highlight Activities

Jabo – Pha Mon Community
Mae Hong Son

GREEN TRACK

Green Hiking Trail: Exploring Lahu Way of Life

Embark on an enchanting journey into the heart of Northern Thailand's hill tribe culture with a trek through Ban Pha Mon, home to the Red Lahu people. This 10 kilometers nature trail offers a rare glimpse into the traditional life of these skilled hunters and farmers. As you traverse lush forests, streams, and mountain passes, local guides share ancestral stories and beliefs, bringing the rich Lahu heritage to life. Pause to embrace towering trees, drawing energy from nature, before preparing a simple eco-friendly lunch using bamboo cylinders.

The adventure continues to learn about agricultural practices and crafting bamboo talismans believed to ward off evil spirits. The day culminates in a vibrant display of traditional costumes, games, and dances, leaving you with unforgettable memories and a deeper appreciation for this unique culture. This immersive eco-tour not only offers stunning natural beauty but also fosters cultural preservation and sustainable tourism, ensuring smiles all around as you bid farewell to your gracious hosts.

 **The total of carbon emissions**
0.0000 KgCo₂eq/person

01

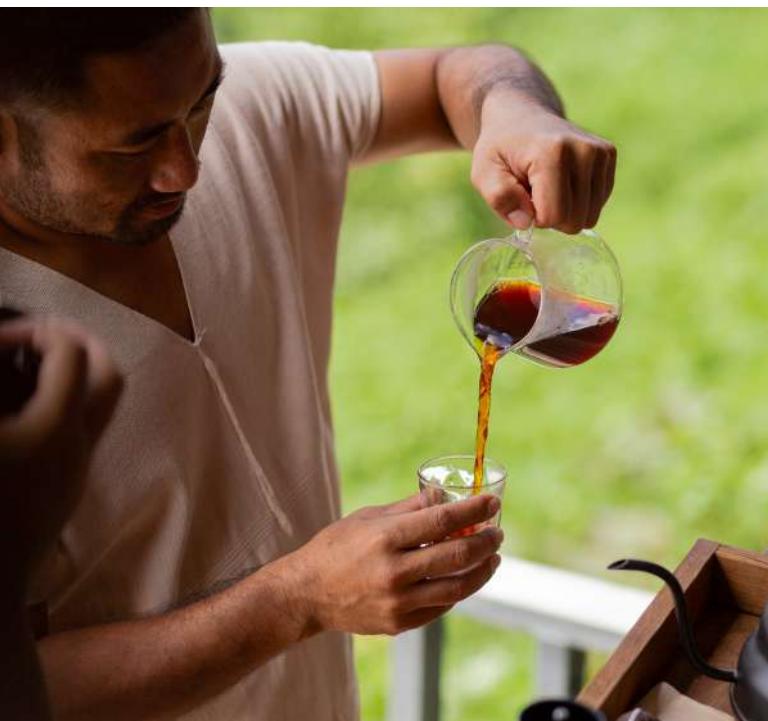


GREEN TRACK

Dangle Your Legs, Taste Noodles, Chase the Sea of Mist

Many are familiar with the "leg-dangling noodle shop" at Ban Ja Bo, famous for its slogan "Ten baht noodles, million baht view". But few know that Ja Bo is a Lahu community offering homestays in wooden houses and bamboo cottages, nestled in nature with a mesmerizing morning sea of mist. These accommodations feature extended porches where you can recline, feeling the cool breeze while admiring the intricate mountain vista-a view you'll want to capture every minute. As evening falls, savor a set of local dishes while watching the sun disappear behind the mountains. At night, lay down and gaze at the stars and the Milky Way, clearly visible across the entire sky, lulling you into a blissful sleep. When dawn breaks, grab your camera bag and hike up the mountain for just 10 minutes to Phu Pha Mok. There, unleash your shutter to capture the magnificent sea of mist and a breathtaking 360-degree view of the community below. Descend for a coffee, then stop by the famous noodle shop to dangle your legs while enjoying your meal. Before heading home, take one last shot of the "million baht view", leaving with unforgettable memories.

 **The total of carbon emissions**
90.0000 KgCo₂eq/person



02



 **The total amount of greenhouse
gas emissions from all 2 activities is**

90.0000

KgCo₂eq/person



Recommended Activities

- Baan Pam Bok
- Tham Nam Lod
- Pai Walking Street

Recommended Restaurants

- Sang Poy Cottage
- Kuy Teiw Hoy Kha Noodles

Recommended Accommodations

- Fern Resort Mae HongSon
- Pai Village Boutique Resort

Contact

Jabo - Pha Mon Community Mae Hong Son
Coordinator : Khun Se Ree Thong
Phone Number : 09-6147-2719
[f](https://www.facebook.com/thailocalista) Thai LocalistA | Amphoe Muang Mae Hong Son

Destination Management Company

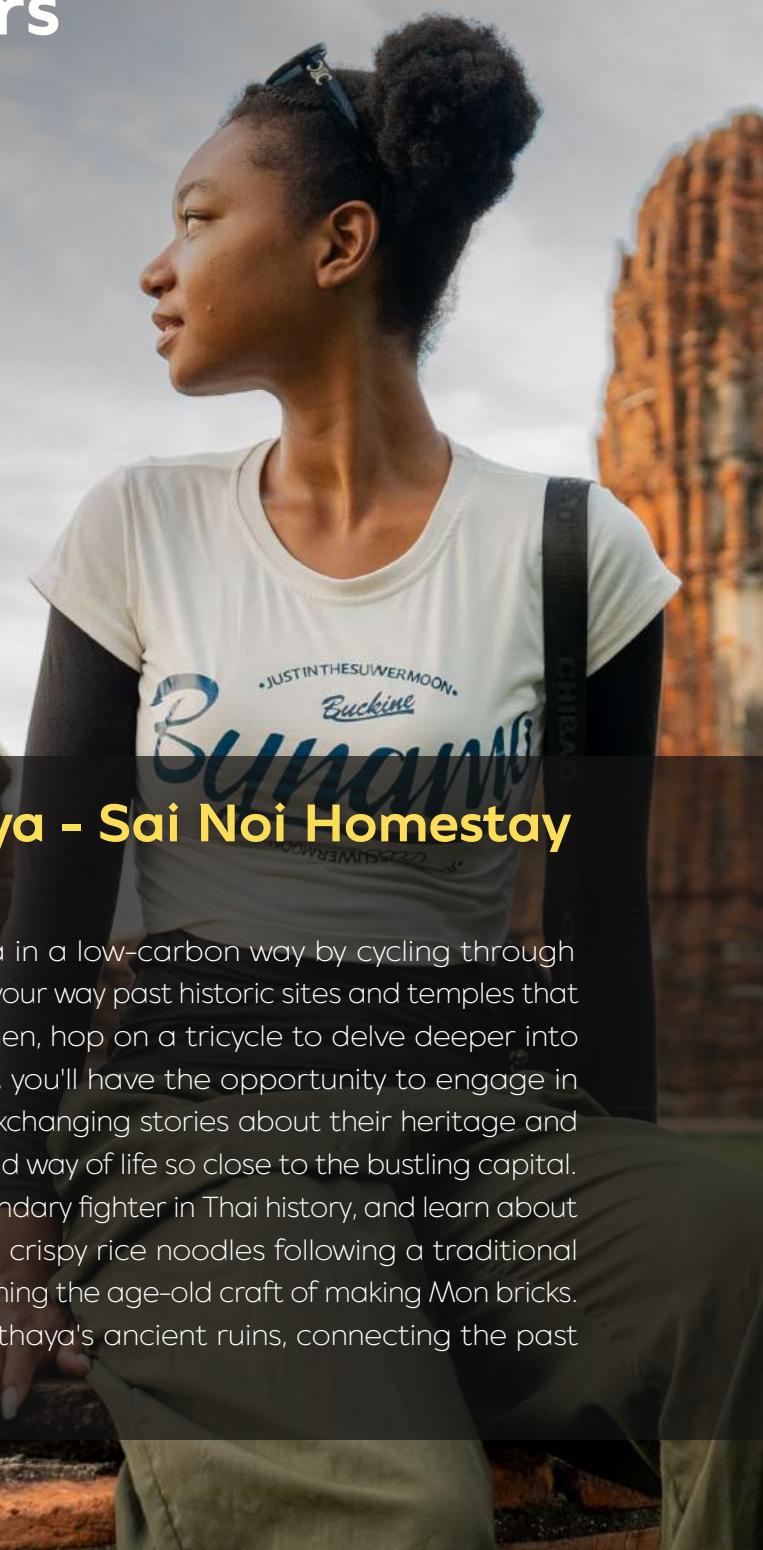
Thai Local Product Import Export
Company Limited
Phone Number : 08-6311-5631
Email : thailocalista@gmail.com

Cycling Through the Ancient Capital, Listening to the Tales of Mon Brick Makers

Ayutthaya

Historic City of Ayutthaya - Sai Noi Homestay Ecotourism Village

Explore the ancient capital of Ayutthaya in a low-carbon way by cycling through the ruins of this once-glorious civilization. Pedal your way past historic sites and temples that reflect over 417 years of cultural prosperity. Then, hop on a tricycle to delve deeper into the living Mon culture in Sai Noi district. Here, you'll have the opportunity to engage in hands-on activities with the local community, exchanging stories about their heritage and learning how they preserve their Mon identity and way of life so close to the bustling capital. Discover the legend of "Nai Khanom Tom," a legendary fighter in Thai history, and learn about the art of Muay Thai. Try your hand at making crispy rice noodles following a traditional Mon recipe. The highlight of your visit will be learning the age-old craft of making Mon bricks. These very bricks form the foundation of Ayutthaya's ancient ruins, connecting the past to the present in a tangible way.



Highlight Activities

Historic City of Ayutthaya - Sai Noi Homestay
Ayutthaya

GREEN TRACK

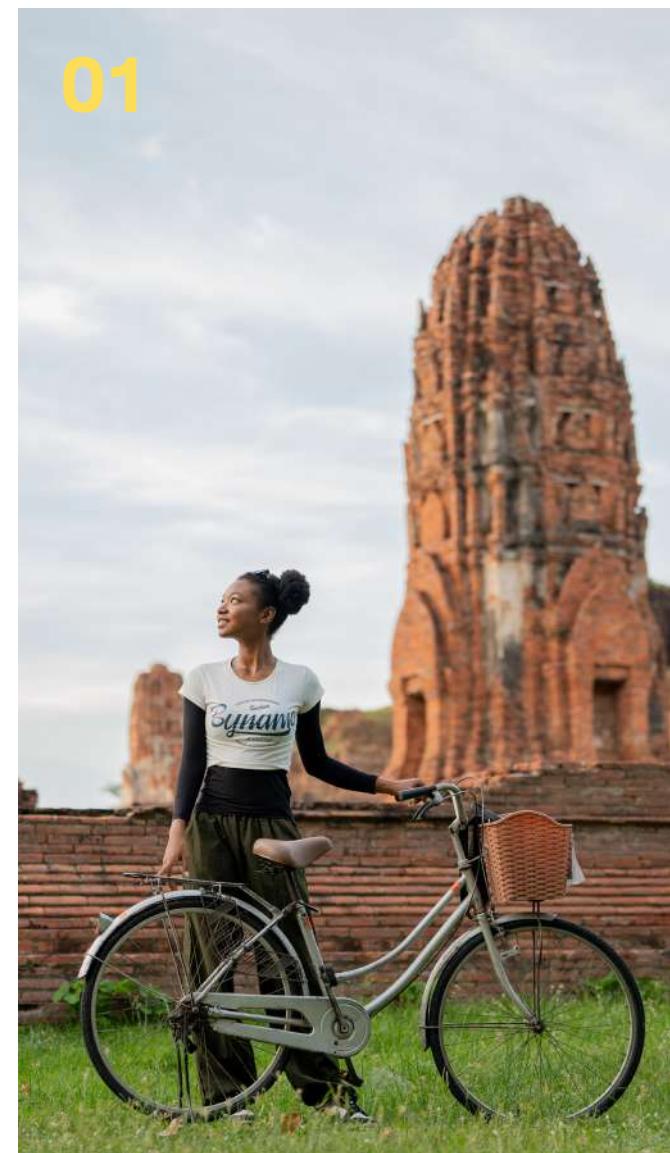
Cycling Through the Beauty of Ancient

Embark on an energetic bike ride through the old city of Ayutthaya, where temples and ancient ruins stand proudly at every turn. Begin your journey at **Wat Mongkhon Bophit**, home to a revered Buddha statue over 12 meters tall. Despite damage from lightning, floods, fires, and wars, necessitating multiple restorations, it remains a symbol of faith to this day. Next, pedal to **Wat Phra Si Sanphet**, the former Grand Palace that houses the ashes of Ayutthaya's past kings. This site once boasted a standing Buddha statue over 16 meters high. Continue to **Wat Mahathat** for the iconic Buddha head entwined in tree roots, a testament to the battles fought and the ravages of invading armies. Take a moment to rest under the shade before your final stop. Conclude your trip at **Wat Lokayasutharam**, featuring the largest reclining Buddha on Ayutthaya island. Pay your respects and make a wish before heading home, filled with a sense of auspiciousness and wonder at the historical treasures you've witnessed.



The total of carbon emissions

0.0000 KgCo₂eq/person



GREEN TRACK

GREEN TRACK



02

Learning the Mon Brick Makers' Way of Life, Tasting Crispy Noodles in Ban Sai Noi

Explore the ancient Mon community, whose roots trace back to the late Sukhothai period. Witness their simple, supportive lifestyle centered around agriculture and exquisite handicrafts. This area is renowned for producing high-quality Mon bricks, an industry that has become a significant source of income for locals. Learn the step-by-step process of Mon brick making from community experts. Try your hand at molding clay into bricks, sun-drying them, and observe how they're fired in traditional kilns. Take a moment to relax before diving into the art of making "Ancient Crispy Noodles", a traditional Mon delicacy. Learn about ingredient preparation and the unique flavoring process while listening to stories that connect past and present ways of life.



 **The total of carbon emissions**

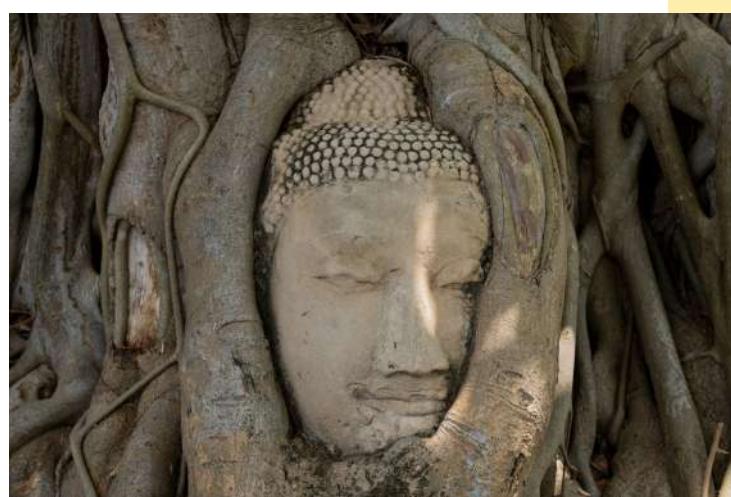
20.0000 KgCo₂eq/person



 **The total amount of greenhouse gas emissions from all 2 activities is**

20.0000

KgCo₂ eq/person



Recommended Activities

- Cooking Class Traditional dessert
- Walking around the old city
- Learn about the Thai boxing tradition of "Nai Khanom Tom"

Recommended Restaurants

- Chao Phraya Ma Ruai Restaurant
- O Pochana Restaurant
- Baan Pomphet Restaurant

Recommended Accommodations

- Kantary Hotel Ayutthaya
- Classic Kameo Ayutthaya

Contact

Sai Noi Homestay Ecotourism Village

Coordinator : Khun Mayuree

Phone Number : 09-8156-6192

 ศูนย์การเรียนรู้ โอบสเตย์ไทรบัวย

Destination Management Company

Ayutthaya Boat & Travel Company Limited

Phone Number : 03-5244-558

Email : admin@ayutthaya-boat.com

Train Journey to Sawi: Embracing the Chumphon Experience

Chumphon

Ao Kram Homestay

Escape the hustle and bustle by taking a Thai train to "Chumphon" the gateway to the South that still retains the charm of coastal life and abundant nature. Experience a slower pace of life, lounging in a hammock while gazing at the horizon where it meets the azure sea. Enjoy eco-friendly activities and go squid and fish catching with local fishermen. Indulge in fresh seafood from the Gulf of Thailand. Open your heart and try visiting Sawi district, and you'll discover that "Chumphon is not just a place to pass through".

Highlight Activities

Ao Kram Homestay
Chumphon

GREEN TRACK

Take a train to Sawi, stay at Ao Kram Homestay

Leave the chaos of the big city behind and board a classic train to "Sawi" in Chumphon, the gateway to the South. This area is still full of coastal charm, with friendly locals ready to offer wonderful experiences through eco-friendly activities, fresh seafood, and eco-accommodations like "Ao Kram Homestay". This spot is perfect for those seeking relaxation. You can lounge in hammocks, feel the sea breeze, and listen to the sound of waves. In the afternoon, try kayaking out to help collect trash from the bay. Return for an evening meal of local cuisine prepared with fresh ingredients from the sea. At night, experience squid fishing before returning to rest, letting the sound of waves lull you to sleep before your journey home.

 The total of carbon emissions
140.0000 KgCo₂eq/person



01

GREEN TRACK

GREEN TRACK

Take photos at the Grand Canyon, relax in Khlong Hin Dam

Roll up your pants and wade into the refreshing waters of Khlong Hin Dam (Black Stone Canal). This clear stream flows through black limestone cliffs, shaped by erosion and tectonic movements over hundreds of millions of years. The resulting beauty stretches for nearly 1 kilometer along the canal, earning it the nickname "Chumphon's Grand Canyon". From October to February. You can take stunning photos against the backdrop of rock cliffs that plunge almost 50 meters from the bank, play in the water or just dip your feet in or enjoy paddle boating or tubing during the dry season. Importantly, the site offers tube and life jacket rentals, and there are restroom facilities nearby. The unique geological features and range of activities make this a must-visit spot for nature lovers and adventure seekers alike.

 **The total of carbon emissions**
0.0000 KgCo₂eq/person

02



Midnight squid fishing adventure leads to delicious meals

Experience the thrill of a midnight fishing trip with the locals of Sawi to try "Bam Muek" (squid fishing). This traditional fishing method is said to be unique to this area in Thailand. It's similar to the "Yok-Yor", lift net fishing of central Thailand, but specifically for catching squid at sea. Join the unforgettable experiences as helping fishermen to set up and lower the net, which is attached to wooden poles, hanging lanterns above the net to attract squid with the light, then work together to pull up the ropes and use landing nets to scoop up the squid. You can enjoy the freshly caught squid right on the boat with seafood dipping sauce, or have it prepared in local specialty dishes. This experience guarantees unforgettably fresh and delicious seafood.

03



 **The total of carbon emissions**
20.0000 KgCo₂eq/person

 **The total amount of greenhouse gas emissions from all 3 activities is**

160.0000

KgCo₂eq/person



Recommended Activities

- Dye fabric Workshop
- Arabica coffee Driping Workshop
- Morning mist Hunting

Recommended Restaurants

- RimRua Seafood Restaurant
- Llung Pot Restaurant
- Krue Phee Nui Restaurant

Recommended Accommodations

- The Nouveau Chumphon Beach Resort And Golf
- Suriwong Chumphon Hotel

Contact

Ao Kram Homestay

Coordinator : Khun Phueng

Phone Number : 09-8340-8200

 อ่าวครามโฮมสเตย์ | Sawi

Destination Management Company

Positive Group Social Enterprise
Company Limited

Phone Number : 08-3703-4564

Email : thaiguideguru@gmail.com



Journey on Railway: A Local Train Ride to Wiman Din in Paed Riw

Chachoengsao

Khum Wiman Din - Green Ville Farm Cafe

Embark on an eco-friendly getaway close to Bangkok and escape the hustle and bustle for a relaxed lifestyle in Chachoengsao, known as Paed Riw. This land is home to the Bang Pakong River, renowned as the longest river in the Eastern region. Historically, it was the province's breadbasket, rich in natural resources, especially for its famously plump snakehead fish—said to be so meaty it can be filleted into "eight slices" (Paed Riw in Thai). Experience the charm of this region through a local train ride. Enjoy the allure of vendor's lifestyle as they offer delicious local specialties at each stop along the train's route. Your journey culminates at Khum Wiman Din, where you can touch, feel, and create your own nature-inspired souvenirs. These handmade items make for memorable keepsakes or gifts from Paed Riw that you can take home or share with others.

Highlight Activities

Khum Wiman Din - Green Ville Farm Cafe
Chachoengsao

GREEN
TRACK

Unleash Your Creativity with Clay Art in Nature's Studio

Immerse yourself in a unique artistic experience amidst nature's beauty. Stroll through an open-air gallery of earthen houses crafted from local materials, where you can breathe in fresh air and sip cool drinks in lush surroundings. Settle into an airy pavilion in the garden and let your imagination soar with freeform clay sculpting. Using just your hands, transform simple earth into one of a kind art pieces and functional pottery. It's a perfect blend of relaxation, creativity and eco-friendly artistry that will leave you with lasting memories and unique handmade treasures.



The total of carbon emissions

0.0000 KgCo₂eq/person



GREEN
TRACK

GREEN TRACK

02



From Green Fields to Homemade Delights: A Farm-to-Table Adventure

Discover a unique urban oasis in the heart of Paed Riu, where hydroponic salad gardens meet a charming café born from a passion for fresh produce and home cooking. This green haven invites visitors, especially families, to immerse themselves in a hands-on "From Farm to Table" experience. Wander through lush vegetable plots, filling your basket with crisp, colorful greens. Then, channel your inner chef as you create mouthwatering dishes like fresh salad rolls, vibrant fruit and veggie smoothies, or homemade vegetable waffles. Savor the flavors of your own creation while basking in the satisfaction of a truly farm fresh, eco-friendly dining adventure—an experience so delightful, you'll be planning your return visit before the last bite.



The total of carbon emissions

140.0000 KgCo₂eq/person



The total amount of greenhouse gas emissions from all 2 activities is

140.0000

KgCo₂eq/person



Recommended Activities

- Farm Tour at Green Ville Farm

Recommended Restaurants

- T Time Restaurant
- Pae Song Khum Restaurant

Recommended Accommodations

- T Vintage Hotel (Bang Khla)
- Suntara Wellness Resort & Hotel
- The Brown House Hotel



Contact

Khum Wiman Din Chachoengsao

Coordinator : Khun Chai Chat

Phone Number : 08-7825-1338

f เกี่ยวจังเกตรา กิจกรรมปั้นดินซึ้งเดียวในโลก
ที่คุ้นเคยดี

Green Ville Farm Café

Coordinator : Khun Wa Lice

Phone Number : 08-7825-1338

f คริบวอล์ฟ พักสลัดเสิร์ฟจากฟาร์ม

Destination Management Company

Local Alike Company Limited

Phone Number : 06-4559-8636

Email : info@localalike.com

Rest Your Body Near Khao Yai, Heal Your Soul the Green Way

Nakhon Ratchasima

Ban Tha Maprang - Khlong Phel Community, Nam Phut Pak Chong

Bring your weary body to soak in the tranquil waters of Khao Yai. Let nature embrace you as you breathe in the oxygen-rich air at this popular destination near Bangkok. Hidden within the vast forest are green attractions waiting to be discovered. Experience the beauty of crystal-clear streams flowing from natural springs where you can dip your feet for relaxation or immerse yourself to cool off from the heat. Then, energize yourself with a bicycle ride through the lush greenery of the forest, meandering across riverside bridges. Conclude your day by sipping cool drinks by a stream, letting your stress melt away. This itinerary is designed to fully rejuvenate both your body and soul. Conclude your day by sipping cool drinks by a stream, letting your stress melt away. This itinerary is designed to fully rejuvenate both your body and soul.

Highlight Activities

Ban Tha Maprang - Khlong Phel Community,
Nam Phut Pak Chong
Nakhon Ratchasima



GREEN TRACK

Soak and Unwind in the Clear Springs of Ban Tha Chang

Let your body relax and your heart be soothed by the healing waters at the beautiful natural spring of Ban Tha Chang, also known as Pak Chong Spring. This natural wonder is a year-round freshwater spring that bubbles up from underground, passing through layers of calcium carbonate-rich rock. The result is a crystal-clear, emerald-like pool surrounded by lush green forests. The high mineral content of the water, combined with the serene forest environment, creates an ideal setting for stress relief and relaxation. Whether you choose to be active or simply unwind, Ban Tha Chang Spring offers a natural therapy for both body and mind. This hidden gem provides a perfect escape from the hustle and bustle of daily life, allowing visitors to immerse themselves in the tranquility of nature and experience the restorative power of its clear, spring-fed waters.



The total of carbon emissions

0.0000 KgCo₂eq/person



GREEN TRACK

GREEN TRACK



02

Cycle to Cleanse Your Lungs, Embrace Khao Yai

Escape the busy main roads into Khao Yai and turn into the Ban Mu Si community lane. Switch to cycling and meander along the stream bordering the national park, beneath towering trees. Fill your lungs with fresh, oxygen-rich air as you ride. Stopping to rest by flowing streams, dipping your feet to relieve fatigue then, continue to taking photos with the iconic elephant-shaped mountain view and taste sweet, locally-grown fruits from villagers' gardens in one of Thailand's most fertile areas. Also, you can participate in tree-planting activities to increase green spaces in the community. Relaxing on wooden platforms under shady trees and enjoy a workshop to make aromatic kaffir lime sachets using natural materials. This eco-friendly activity not only provides a great workout but also immerses you in the local community and natural beauty of Khao Yai. You can take home the kaffir lime sachet as a souvenir or gift, bringing a touch of relaxation back with you.



 **The total of carbon emissions**

0.0000 KgCo₂eq/person



 **The total amount of greenhouse
gas emissions from all 2 activities is**

0.0000

KgCo₂eq/person



Recommended Activities

- Herbal Ball Making Workshop
- Try Local Food

Recommended Restaurants

- Pen Lao Restaurant
- Ban Tha Maprang - Khlong Phel Community

Recommended Accommodations

- Kantary Hotel Korat
- Centara Korat

Contact

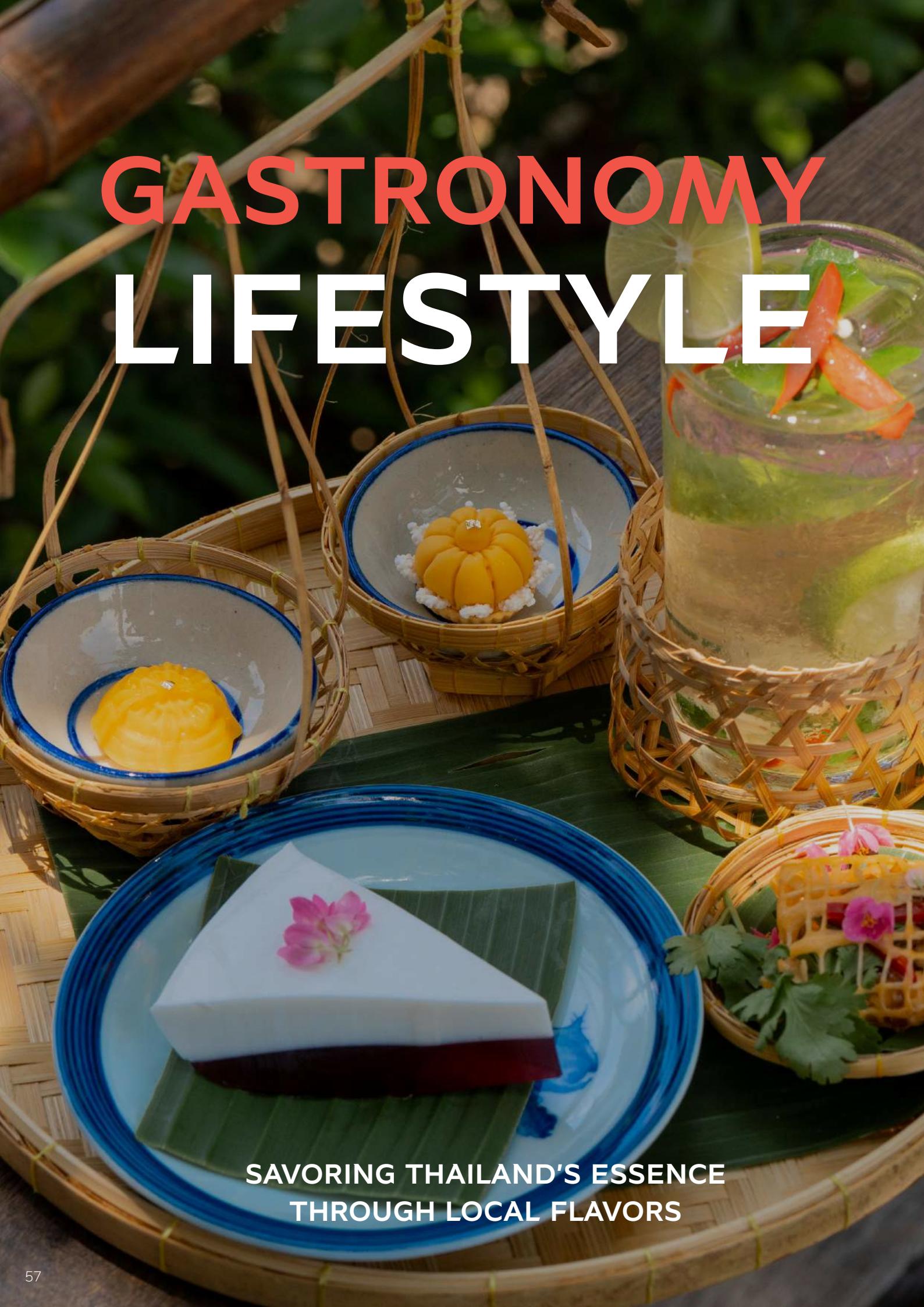
Ban Tha Maprang - Khlong Phel Community,
Nam Phut Pak Chong
Coordinator : Khun Pa
Phone Number : 08-1818-0041
 ท่องเที่ยวโดยชุมชนบ้านท่ามະปfragค์-คลองเพล

Destination Management Company

Local Alike Company Limited
Phone Number : 06-4559-8636
Email : info@localalike.com

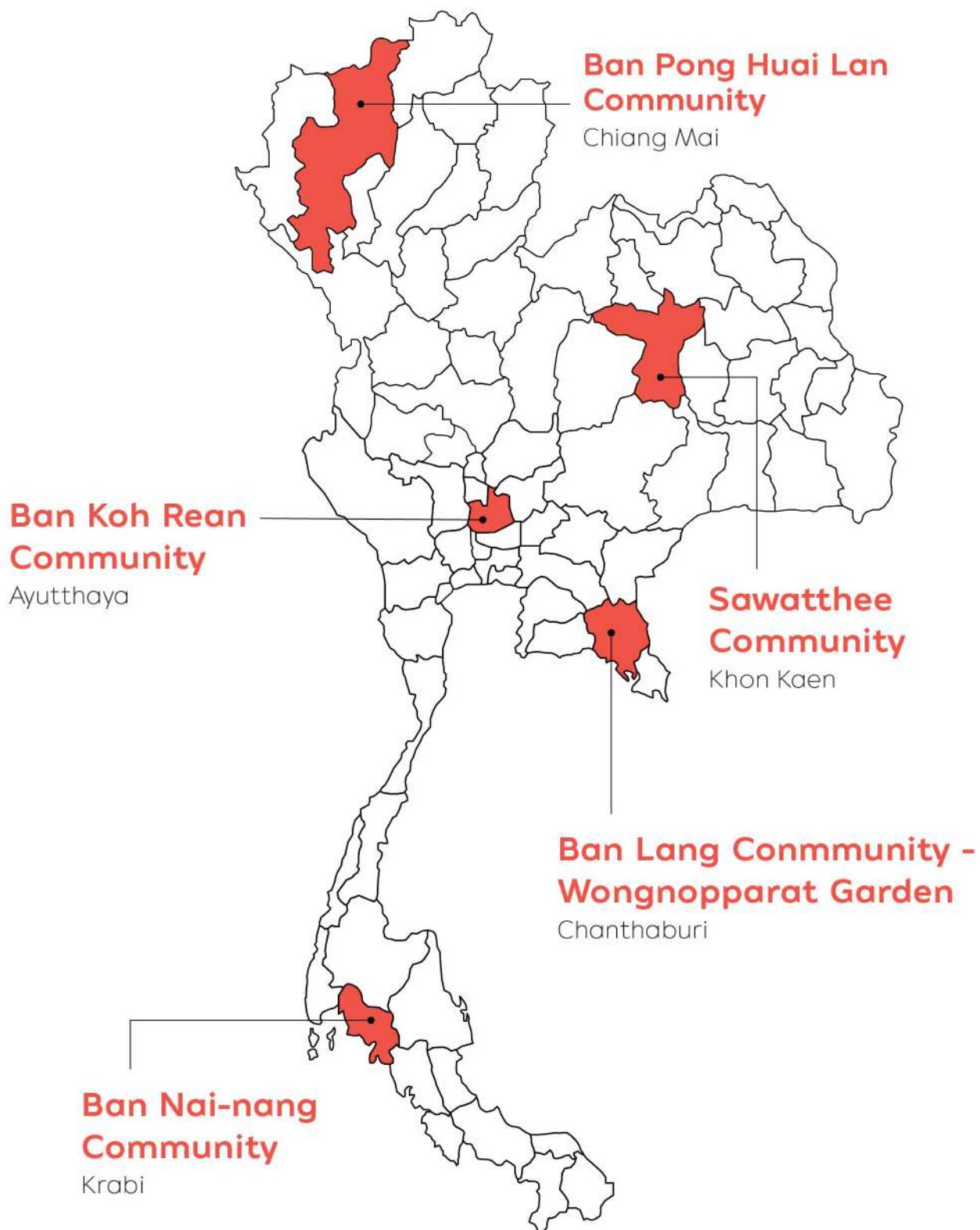
GREEN TRACK

GASTRONOMY LIFESTYLE



SAVORING THAILAND'S ESSENCE
THROUGH LOCAL FLAVORS

GASTRONOMY



Local Delicacies:

Narrating Chiang Mai's Way of Life

Chiang Mai



Ban Pong Huai Lan Community

Explore Chiang Mai deeply and authentically at Ban Pong Huai Lan Community in San Kamphaeng district. This tourist community, not far from the city center, preserves traditional Chiang Mai culture in its food, way of life and local ingredients. You'll be amazed to discover that many ingredients come from the community forest and are transformed into delicious northern Thai dishes prepared in traditional ways. These meals are served in vessels that interestingly reflect the lifestyle of "Khon Muang" or native Lanna people. Additionally, you can enjoy activities like making local snacks with surprising names. Once you taste them, you'll find yourself even more captivated than before. Immerse yourself in the scenic beauty of vast green rice fields and the impressive views of Huai Lan Reservoir.

Highlight Activities

Ban Pong Huai Lan Community
Chiang Mai

GASTRONOMY

"Khanom Khee Meaw": Strange Name, Incredibly Delicious

Open your mind to discover and learn how to make a peculiarly named local dessert that might sound unfamiliar: "Khanom Khee Meaw". Despite its unusual name, this treat is surprisingly delicious. Start by grating coconut and mixing it with flour. Take a walk to gather flowers and leaves from the backyard garden, including butterfly pea flowers, turmeric, pandan leaves, and roselle. Extract natural colors from these plants and mix them with glutinous rice flour. Shape the colored dough into long, oval pieces. Boil these pieces in water until they float, indicating they're cooked and roll the cooked pieces in grated coconut and black sesame sugar. The result is a boiled dessert that, in the villager's imagination, resembles cat droppings—hence its quirky name that has stuck until today. Trust us, when eaten fresh and hot, accompanied by a sip of herbal drink, you won't be able to stop eating this unique treat.

 The total of carbon emissions
20.0000 KgCo₂eq/person



GASTRONOMY

GASTRONOMY



02 Savor the Taste of Original Lanna "Local Dishes"

Move beyond typical Chiang Mai restaurant reviews and open your heart to authentic Northern Thai flavors at Ban Pong Huai Lan. Here, you'll experience "Khong Kin Mueang" or local dishes prepared with indigenous ingredients and genuine Northern Thai tastes. These meals are lovingly crafted by local women with the same care they had put into welcoming family members home. The food is served on traditional Khantoke trays, encouraging communal dining and warm conversation. If you're fortunate enough to visit during seasonal harvests, the locals proudly offer specialties such as bamboo shoots, crab paste, ant eggs, or Hed Poh mushrooms. This experience will transform your Chiang Mai visit. Not only will you taste authentic Northern cuisine, but you'll also engage in a deep cultural exchange, learning stories about Chiang Mai in a profound and unique way.

 **The total of carbon emissions**
50.0000 KgCo₂eq/person



Create Lanna-Style Naturally Dyed Tie-Dye Fabrics

Nestled within a community forest, Ban Pong Huai Lan's natural abundance not only provides diverse ingredients for cooking but also inspires a unique craft activity for visitors. The villagers have creatively repurposed natural materials from the nearby forest-bark, leaves, grass, and various wood scraps-into an engaging tie-dye experience for tourists. This activity allows you to design your own patterns on fabric through folding techniques and dip the fabric in dyes made from natural colors. Let your imagination run wild in creating your unique piece and get a personalized souvenir that you can take home or give as a distinctive gift from Chiang Mai.

 **The total of carbon emissions**
10.0000 KgCo₂eq/person



 **The total amount of greenhouse gas emissions from all 3 activities is**

80.0000
KgCo₂eq/person



Recommended Activities

- Dye local fabrics Workshop
- Lanna Thai massage

Recommended Restaurants

- Redbox Chiang Mai

Recommended Accommodations

- Kantary Hills Hotel Chiang Mai
- Chiang Mai Marriott Hotel

Contact

Ban Pong Huai Lan Community

Coordinator : Khun Wanna

Phone Number : 08-5615-7686

กลุ่มก่อจีบ้านปงหัวยลัน

Destination Management Company

Northern Smile Group Company Limited

Phone Number : 05-3289-657

Email : reservations@northernsmiletravel.com



Explore the Ancient Capital: Discovering Ayutthaya's Charm Through Its Sweets

Ayutthaya

Ban Koh Rean Community

Dress up in traditional Thai costume and embark on a journey through the old city. Listen to the tales of history and lifestyle of the ancient capital "Ayutthaya" through traditional sweets and food passed down through generations at Ban Koh Rean. This old community, situated on a small island in the middle of the Chao Phraya River, was once a port for Chinese merchants who settled here in ancient times. The community has preserved both the flavors of their food and the traditional desserts, including Thong Yip, Thong Yod, and other auspicious sweets from the time of Thao Thong Kip Ma. Experience the atmosphere of wooden houses by the river, enjoy the cool breeze, and participate in activities on the house terrace. This immersive experience offers a unique way to connect with Ayutthaya's rich history and culture through its sweet culinary traditions, providing visitors with both a taste of the past and picturesque memories to share.

Highlight Activities

Ban Koh Rean Community
Ayutthaya

GASTRONOMY

Savor Traditional Herbal Drinks to Contemporary Sweets

Immerse yourself in a delightful culinary experience that transforms a local herbal drink into a modern dessert. The adventure begins with "Nam Sam Kler" or "Three Musketeers Water", a traditional herbal drink made from roselle, bael fruit, and jujube. Typically brewed by villagers as a refreshing afternoon coolant, this concoction now takes on a new avatar. Watch and participate as this time-honored beverage evolves into "Herbal Jelly Coconut Cake," a dessert that tantalizes the taste buds with its sweet and sour notes, perfectly balanced by the salty touch of coconut milk. The aroma is enhanced by the careful preparation over traditional charcoal stoves, adding depth to its flavor profile.

 The total of carbon emissions
20.0000 KgCo₂eq/person

01



GASTRONOMY

GASTRONOMY

02



Tom Yum Mocktail: A Taste of Thai Identity

Experience a unique drink that captures the essence of "Tom Yum", Thailand's famous spicy and sour soup. This mocktail incorporates the key flavors that represent Thai cuisine—sour, sweet, and salty—all in one glass. This innovative beverage can be enjoyed on its own as a cool refreshment or used as a palate cleanser after indulging in a set of traditional Thai desserts from Aunt Mali's house. These desserts are said to follow the original recipes of Thao Thong Kip Ma from the Ayutthaya period. This Tom Yum Mocktail offers more than just a drink—it's a liquid representation of Thai culinary artistry. It showcases how traditional flavors can be reimaged into contemporary forms, providing a unique tasting experience that bridges past and present.

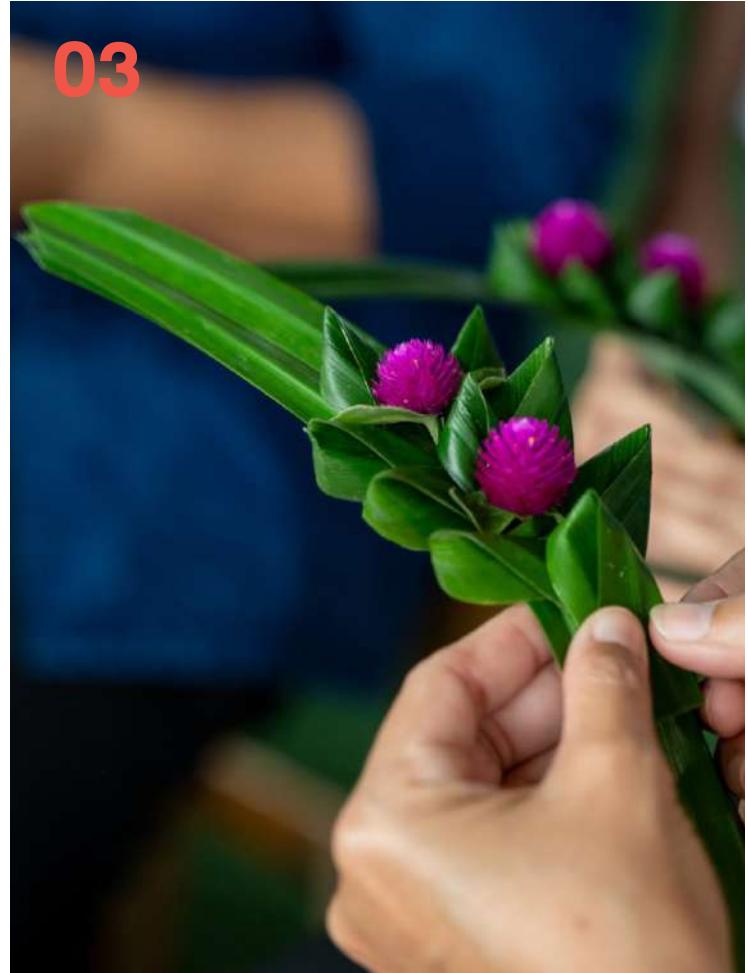
 **The total of carbon emissions**
20.0000 KgCo₂eq/person

Become a Noble: Fold Pandan Leaf Flowers

Step into Ayutthaya's golden age by donning traditional Thai attire—wrap a loincloth or drape a sabai across your shoulder. As you carefully fold pandan leaves into delicate flowers on a rustic porch, let the gentle breeze and local tales transport you to another time. Learn how Koh Rean islanders use nature's bounty—flowers, pandan, and banana leaves—to craft offerings for the revered Chao Pho Ko Rian shrine and the sacred Luang Pho Khao and Luang Pho Dam of Wat Song Kusol.

 **The total of carbon emissions**
0.0000 KgCo₂eq/person

03



 **The total amount of greenhouse
gas emissions from all 3 activities is**

40.0000
KgCo₂eq/person



Recommended Activities

- Koh Rean village Tour by Tram
- Learn and try traditional Thai desserts
- Visit Koh Rian Chinese Shrine

Recommended Restaurants

- Chao Phraya Ma Ruai Restaurant
- O Pochana Restaurant
- Villaggio Koh Rean Ayuthaya

Recommended Accommodations

- Kantary Hotel Ayutthaya
- Classic Kameo Ayutthaya

Contact

Ban Koh Rean Community

Coordinator : Khun Wiparat

Phone Number : 08-6891-8360

f OTOP บัตรวีคีบ้านตันสะเต็อสามตัน เคาะเรียน

Destination Management Company

Nutty's Adventures Company Limited

Phone Number : 08-1456-9862

Email : info@nutty-adventures.com



Delicious Green at Nai-nang

Krabi



Ban Nai-Nang Community

Forget Krabi's picture-perfect beaches and island-hopping tours. Instead, dive into the heart and soul of local life at Ban Nai Nang in Ao Kram district. This hidden gem offers a fresh perspective on Krabi through its vibrant food scene. Source local ingredients, master traditional recipes, and indulge in sustainable cuisine that nourishes both body and community. After your culinary adventure, cruise by the eerie cliffs of Khao Karos, sipping cool drinks as you soak in the view. For an extra thrill, kayak to secluded white-sand beaches and low-tide lagoons or climb up for an artsy shot through the "Ancient Human Window." This journey serves up a side of Krabi that's as rich in culture as it is in flavor, promising Instagram-worthy moments that will leave everyone wondering, "Is this really Krabi?". Experience the true taste of this coastal paradise - sustainable, delicious, and utterly unforgettable.

Highlight Activities

Ban Nai-nang Community
Krabi

GASTRONOMY

Make a Dish From Shrimp to Golden Cups

Discover the culinary magic of Ban Nai-Nang, where the famous white shrimp transforms into a zero-waste delicacy. Watch as locals turn shrimp shells and heads typically discarded into a mouthwatering treat. Join in as these "leftovers" are sun-dried, ground into powder and mixed with flour to create delicate and edible golden cups. Try your hand at molding and frying these crispy vessels, perfect for holding zesty shrimp salads or sweet fruit concoctions. This innovative dish isn't just a feast for your taste buds; it's a testament to the community's ingenuity and commitment to sustainability. Experience a truly local flavor that's as eco-friendly as it is delicious—where every bite tells a story of tradition, creativity, and respect for nature.



The total of carbon emissions

10.0000 KgCo₂eq/person



GASTRONOMY

GASTRONOMY

Refresh with Stingless Bee Mocktails

Dive into the unique flavors of Ban Nai-nang, a Muslim agricultural community that's buzzing with innovation. At their stingless bee learning center, discover the art of beekeeping and its health benefits. But the real treat awaits in your glass—a fruity mocktail that captures the essence of this vibrant community. Using locally grown fruits and the exquisite sweetness of stingless bee honey, these alcohol-free concoctions are more than just refreshments. Each sip tells a story of sustainable farming, cultural heritage, and natural goodness. The perfect balance of tangy fruits and golden honey promises to double your tourism experience, offering both flavor and insight into the local way of life. Quench your thirst while immersing yourself in Ban Nai-Nang's unique blend of tradition and creativity. It's a taste of authentic Thailand that's as good for your health as it is for the community.

 **The total of carbon emissions**
20.0000 KgCo₂eq/person



Enjoy The Eerie cliffs of Khao Karos

Get your wide-brimmed hat and hop aboard a traditional long-tail boat for a morning adventure to Krabi's legendary landmark, Khao Karos. As you glide through emerald waters, witness nature's artistry in the limestone cliffs, sculpted by time and elements into fantastical shapes. Your first stop: the "Ancient Human Window". Climb a short makeshift ladder to this natural frame, believed to be a prehistoric dwelling. Snap a selfie in this primordial picture frame before kayaking to a hidden lagoon, where white sands emerge at low tide like a whispered secret. As you slowly cruise by, watch the cliff face transform, the famous "Ghost Mask Mountain", its expression shifting with each angle—a natural illusion that's both eerie and awe-inspiring. This journey through Krabi's geological wonders offers more than just stunning views. It's a voyage through time, where every rock tells a story and every view is a brush with the extraordinary. Whether you find it spooky or spectacular, Khao Karos promises an unforgettable addition to your Krabi adventure.

 **The total of carbon emissions**
40.0000 KgCo₂eq/person



 **The total amount of greenhouse gas emissions from all 3 activities is**

70.0000
KgCo₂eq/person



Recommended Activities

- Visit bee's Sanctuary

Recommended Restaurants

- Ruenmai Restaurant
- Sunrise Restaurant

Recommended Accommodations

- Dusit Thani Krabi Beach Resort
- Aonang Princeville Villa Resort and Spa

Contact

Ban Nai-Nang Community

Coordinator : Khun Na/Khun Ba

Phone Number : 08-7802-2353/09-3607-0310

[f](#) ชุมชนท่องเที่ยวน้ำตกบ้านไหหนัง | Krabi

Destination Management Company

Silver Hawk Group Company Limited

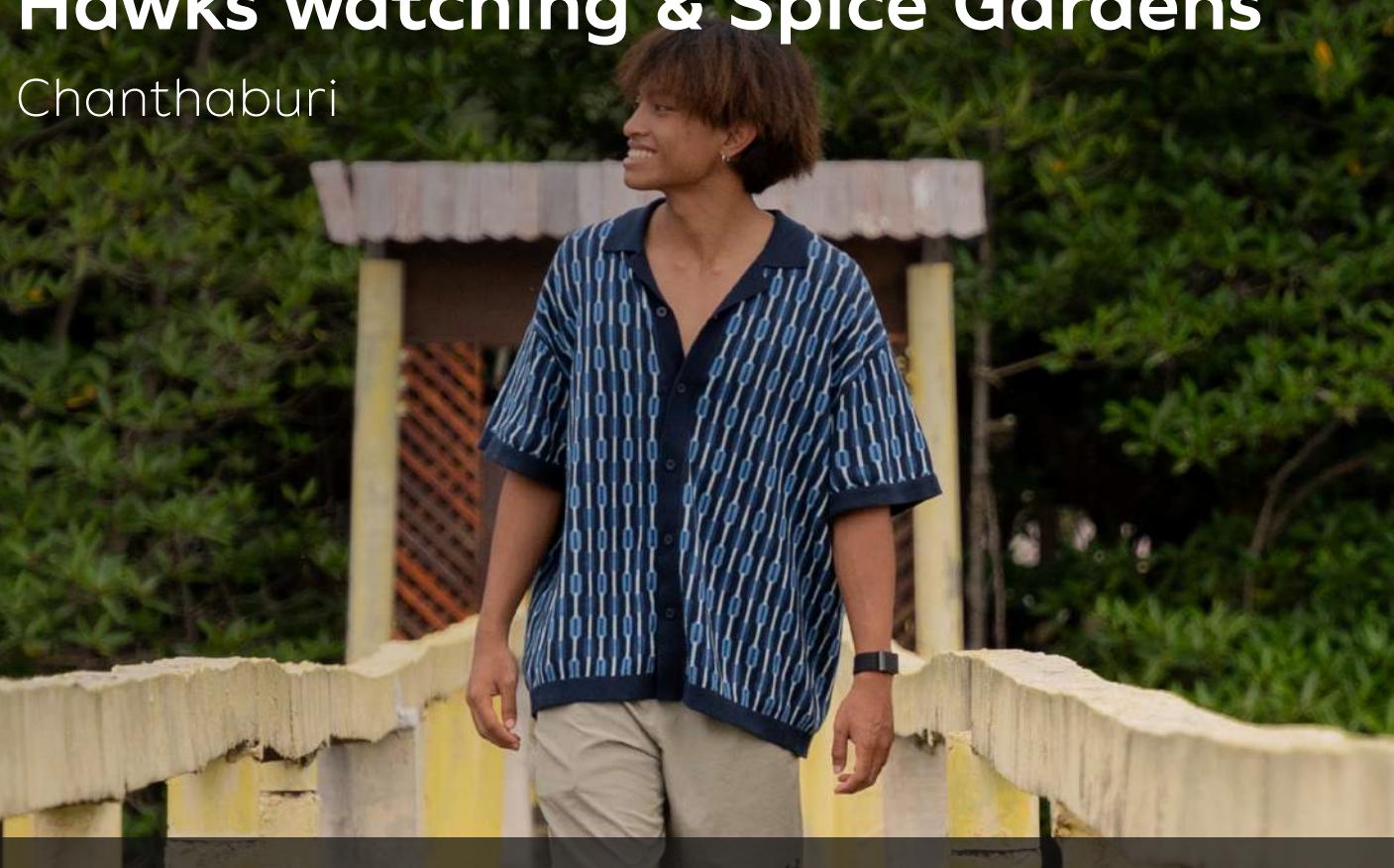
Phone Number : 08-7898-1346

Email : silverhawkgroup@gmail.com

Chanthaburi's

Triple delight - coastal Crabs, Hawks watching & Spice Gardens

Chanthaburi



Ban Lang Community - Wongnopparat Garden

Dive into Eastern Thailand's coastal charm at Ban Lang community in Chanthaburi. This vibrant journey blends nature, gastronomy, and local culture in one unforgettable day. Cruise along mangrovefringed shores, where fisherman's houses dot the coastline. Watch in awe as red hawks soar overhead, their graceful flight a testament to the thriving ecosystem. Pause mid-sea to fully appreciate these majestic birds swooping over the lush mangroves. Back on land, explore innovative "fish homes" and "crab banks", showcasing the community's commitment to sustainable marine conservation. These initiatives ensure the longevity of the area's rich aquatic life. Cap your adventure in Chanthaburi's famed pepper gardens. Learn about and taste this prized crop, known for its unique flavor and medicinal properties. From the freshest seafood to the spice of local pepper, from wildlife spotting to ecoconservation, this trip offers a feast for all senses.

Highlight Activities

Ban Lang Community - Wongnopparat Garden
Chanthaburi

GASTRONOMY

Try Coastal Feast: Savoring the East

Discover Chanthaburi's Ban Lang community, where mangrove forests and local fisherman's wooden houses paint a vivid picture of coastal life. This hidden gem offers more than just scenery—it's a testament to local wisdom in ecosystem preservation. Indulge in a seafood extravaganza that mirrors the area's natural abundance. Savor an array of shrimp, shellfish, fish, and blue crabs, alongside Chanthaburi's unique local dishes. Each bite tells a story of sustainable fishing and community care. Dine with your toes in the sand, cool sea breezes caressing your face as you gaze upon lush green mangroves contrasting with the azure sea. Here, every meal becomes a special occasion, a perfect blend of flavors and breathtaking views that epitomize Thailand's eastern coastal charm. It's not just eating; it's an immersive experience in the heart of Thai coastal culture.

 The total of carbon emissions
20.0000 KgCo₂eq/person



GASTRONOMY

GASTRONOMY

Tour Chanthaburi: Where Tourism Meets Conservation

Dive into responsible tourism with Ban Lang community's innovative "Fish Homes and Crab Banks" project. This unique initiative offers visitors a hands-on experience in marine conservation, turning your vacation into a force for good. Witness the fascinating process of nurturing blue crabs from eggs to release-ready juveniles. Learn how local fishermen contribute to this sustainable practice by donating egg-bearing crabs. Get involved in every stage—from egg collection to the heartwarming moment of releasing young crabs back into their natural habitat.

The total of carbon emissions

0.0000 KgCo₂eq/person

03



Mangrove Cruise and Red Hawk Spectacle

As the day winds down, embark on a magical evening journey through Chanthaburi's coastal wonderland. Board a local fishing boat and glide along the lush mangrove forests that stretch to the horizon, their roots creating an intricate lattice above the water. The gentle cruise is a symphony of nature—listen for the distinctive sounds of mudskippers and the chorus of local birds. As you drift silently in the open water, prepare for the main event: the awe-inspiring flight of red hawks. Watch in wonder as these majestic birds swoop and soar over the mangroves, hunting for their evening meal. Their graceful silhouettes against the golden sunset sky create a breathtaking spectacle you won't soon forget. This tranquil boat ride offers more than just sightseeing; it's a window into the delicate balance of Chanthaburi's coastal ecosystem. Capture stunning photos and collect memories of this unique twilight adventure, where the beauty of nature unfolds before your eyes. As you return, you'll carry with you not just pictures, but a profound appreciation for the natural wonders of Thailand's eastern coast. It's a serene yet thrilling end to your day, promising memories that will last long after the sun has set.

02



The total of carbon emissions

40.0000 KgCo₂eq/person

Explore Chanthaburi's Pepper Garden

Embark on a fragrant adventure to the heart of Chanthaburi's spice country at Wongnoppurat Garden. Here, the star of the show is the region's famous white pepper, a culinary gem bursting with flavor and medicinal properties. Wander through lush pepper vines, learning the secrets behind Chanthaburi's prized crop. Discover how careful cultivation results in long clusters of large, high-quality peppercorns that are highly desired in markets. Let your taste buds dance with the "hot and aromatic" punch of freshly ground pepper. Understand how Chanthaburi's unique geography and meticulous farming practices create this distinctive spice that's put the region on the global culinary map. This isn't just a garden tour; it's a sensory journey through one of Thailand's most cherished agricultural treasures. Learn about pepper's nutritional benefits and its role in traditional medicine. From vine to table, you'll gain a new appreciation for this humble spice. By the end of your visit, you'll be a pepper connoisseur, ready to elevate your home cooking with Chanthaburi's finest. Don't be surprised if you find your bags a little heavier on the way home-filled with peppery souvenirs and spicy memories of Thailand's eastern spice trail.



 **The total of carbon emissions**
0.0000 KgCo₂eq/person

 **The total amount of greenhouse gas emissions from all 4 activities is**

60.0000

KgCo₂eq/person



Recommended Activities

- Learning the Local Fisherman's Life

Recommended Restaurants

- Ban Nam Prik Khao Sui Restaurant
- Pu Jaa Tha Chalab Restaurant
- Ban Lang Community

Recommended Accommodations

- Chaolao Tosang Beach
- Baanmaneedang Homestay&Resort

Contact

Ban Lang Community
Coordinator : Khun Sathit
Phone Number : 09-9259-6832

 **บ้านล่าง**

Wongnoppurat Garden Chanthaburi
Coordinator : Khun Khem
Phone Number : 08-1150-2002
 **สวนวงศ์พรัตน์**

Destination Management Company

Positive Group Social Enterprise
Company Limited
Phone Number : 08-3703-4564
Email : thaiguideguru@gmail.com

Zesty Isan: Authentic Flavors of the Northeast

Sawatthee Community

Dive into the heart of Isan's legendary "Saep Nua" (zesty and savory) cuisine in Sawatthee community, Khon Kaen. Here, traditional flavors intertwine with local folklore, particularly the tale of Sinxay, creating a feast for both palate and imagination. Join local women in crafting dishes that burst with flavor and story. As you cook, let the rhythmic tunes of mor lam (traditional Isan music) from the famous Sin Sai Noi Roi Pee band transport you to the cultural core of Thailand's Northeast. This village, after all, is home to the nationally renowned Rabiab Wata-silp band. Cap your experience with a visit to Wat Chai Si, where century-old murals adorn the walls, offering a visual feast to complement your culinary adventure. In Sawatthee, you'll discover that "Zap Nua" transcends mere deliciousness—it's a full-bodied experience engaging all senses. It's not just a meal; it's an immersion into the vibrant tapestry of Isan life, where every bite tells a story and every note sings of tradition.

Highlight Activities

Sawatthee Community
Khon Kaen

GASTRONOMY

Workshop The Delicious Edible Bowl

Discover the ingenious evolution of "Khao Kheap", a traditional Isan snack, into an eco-friendly culinary delight in Sawatthee. This local innovation transforms the age-old rice cracker into an edible, flavorful bowl that's as much a treat as the food it holds. The process begins with sticky rice, steamed and pounded into a mochi-like dough. Locals add palm sugar or the medicinal "kruea tot ma" vine, known for its health benefits. Traditionally sun-dried and grilled for a crispy snack, this dough now takes on a new life. Sawatthee's artisans mold this nutritious mixture into bowls and plates, creating vessels that serve both savory and sweet dishes. As you dine, enjoy the satisfying crunch of your container-a zero-waste solution that adds an extra layer of taste to your meal.

 The total of carbon emissions
10.0000 KgCo₂eq/person



GASTRONOMY

GASTRONOMY

Sinxai's Adventure: Rice Noodles with Three Sauces

Story from ancient murals to your plate with Sawatthee's innovative "Sinxai's Forest Journey" dish. This culinary creation brings to life the famous Sinxai adventure depicted on Wat Chai Si's century-old walls. Imagine a colorful plate of "Khao Pun Hon" (hot rice noodles), each strand tinted with natural dyes inspired by the mural's vibrant hues. Butterfly pea flowers, turmeric, pumpkin, carrots, and pandan leaves transform these noodles into an edible artwork.

 **The total of carbon emissions**
10.0000 KgCo₂eq/person



Experience Homecoming Joy: Feasting on Sinxai's Pa Suay

Experience the heart of Isan culture with "Pa Suay Sinxai," a traditional feast that brings the legendary tale of Sinxai to life on your plate. In Isan tradition, the circular "Pa Khao" (rice tray) symbolizes unity, inviting diners to gather, share and connect over a communal meal. Sawatthee community ingeniously weaves the Sinxai folklore into this culinary experience. Imagine Sinxai's forest feast, where nature's bounty becomes a sumptuous spread. The "Pa Suay Sinxai" set features an array of local delicacies: Steamed fish with fresh chili dip, Bamboo shoot and pork "Mok" (herbal wrap), Papaya salad, Cowslip creeper flower omelet, "Uep Gai" (grilled chicken in banana leaf). All served with steaming sticky rice, these dishes showcase local ingredients prepared with time-honored Isan wisdom. Each bite not only satisfies your palate but also deepens your connection to Sawatthee's rich cultural tapestry.

 **The total of carbon emissions**
30.0000 KgCo₂eq/person



 **The total amount of greenhouse
gas emissions from all 3 activities is**

50.0000
KgCo₂eq/person



Recommended Activities

- Admire the mural painting
- Enjoy a hundred-year-old Mor Lam Dance
- Spiderweb flags making Workshop

Recommended Restaurants

- Pizza and Bake
- Kao Tom Kok 24 Restaurant
- Sawatthee Community

Recommended Accommodations

- Avani Hotels & Resorts
- Pullman Khon Kaen Raja Orchid Hotel

Contact

Sawatthee Community Khon Kaen
Coordinator : Khun Nong Nuch
Phone Number : 08-7640-6718

 เที่ยวสาวด์ถวัลลสุข

Destination Management Company

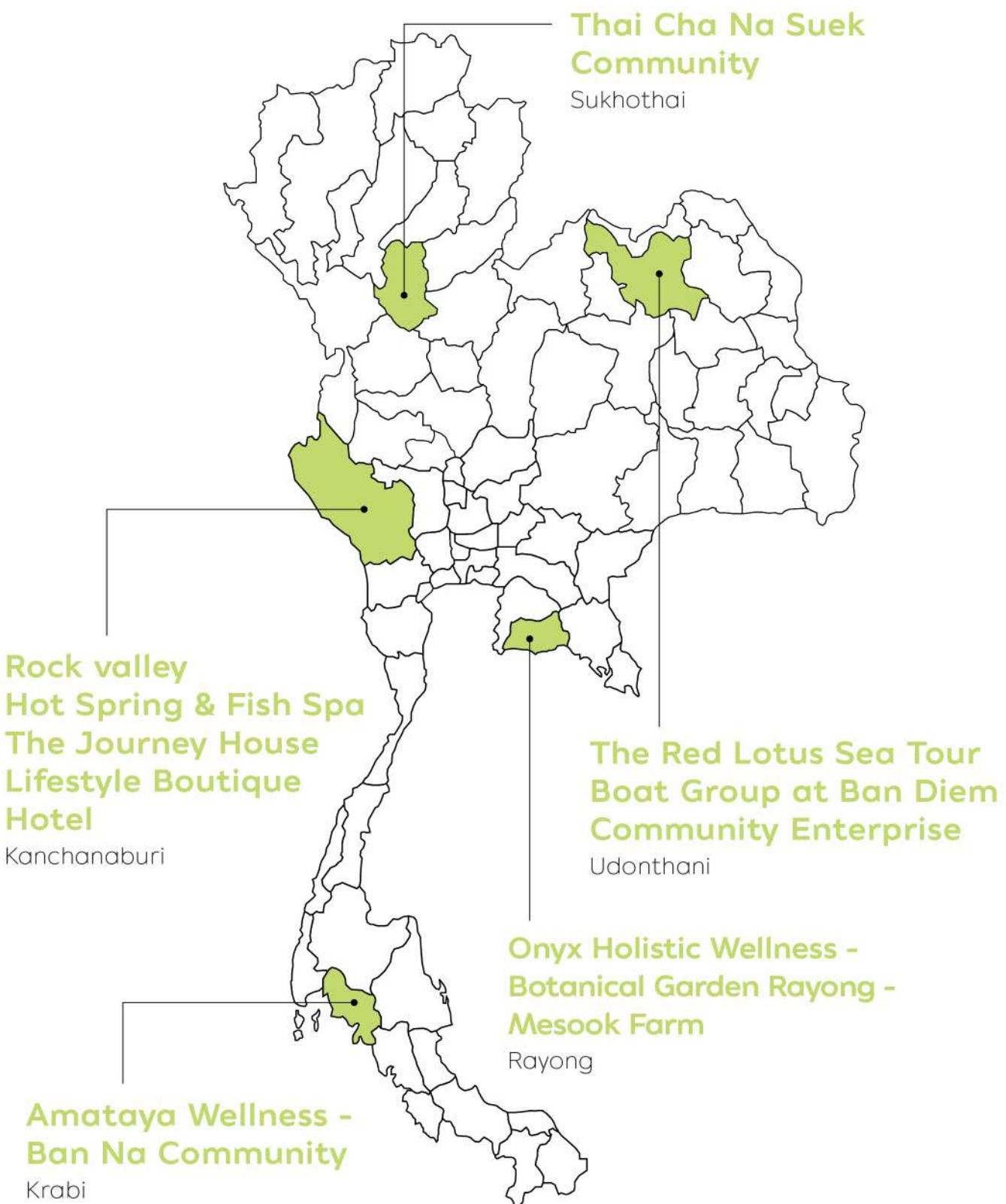
Kantana Tour Company Limited
Phone Number : 08-3402-3030
Email : tourkantana@hotmail.com

HEALTHFULNESS LIFESTYLE



REJUVENATE BODY AND MIND

HEALTHFULNESS



Food as Medicine: Thai Wisdom Healing at Thai Cha Na Suek

Sukhothai

Thai Cha Na Suek Community

Escape to Sukhothai's hidden gem, Thai Cha Na Suek Community in Thung Saliam district. This small valley settlement, nestled on the Lampang border, offers a perfect retreat for body and mind. Feast your eyes on verdant rice fields against clear sky. Clear your mind of work stress and savor organic vegetables and local ingredients. Experience the unique "Food as Medicine" concept, where Lanna-style dishes double as natural remedies. Each meal, crafted from local herbs and vegetables, nourishes both body and soul. Energize yourself by cycling through expansive paddy fields. Meditate in the breeze, recharging your spirit and engage in mindful community activities.

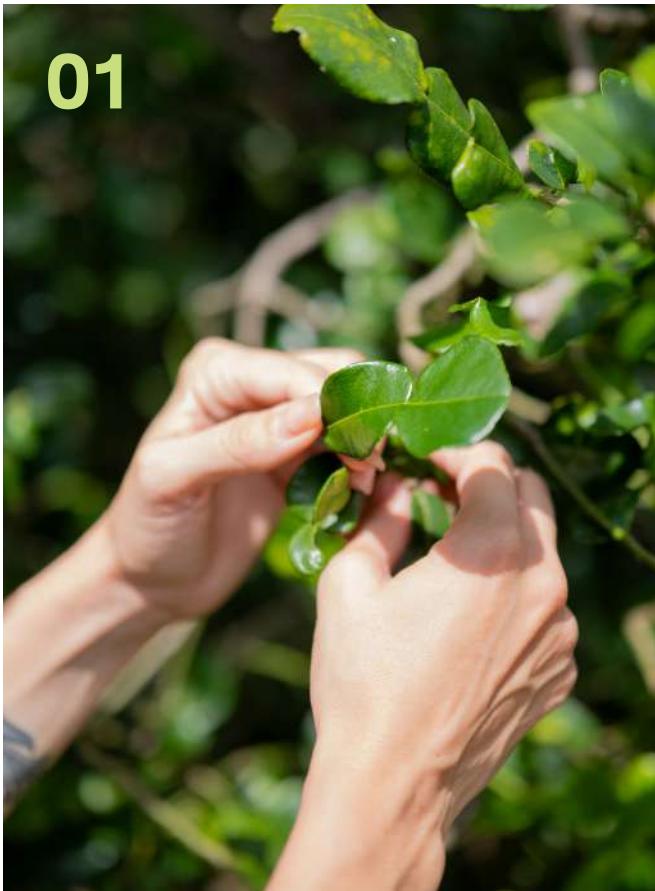
Highlight Activities

Thai Cha Na Suek Community
Sukhothai



HEALTHFULNESS

01



From Garden to Table: Sukhothai's Herbal Heritage Cooking

Step into Sukhothai's aromatic world of local herbs and vegetables. Join the community mothers as they guide you through organic gardens, inviting you to touch, smell and taste nature's pharmacy. Experience the art of creating 'Kaeng Khae', a nutrient-rich local soup bursting with beta-carotene and antioxidants. This dish, featuring wild betel leaves, long beans, acacia, eggplants, and sesbania flowers, is more than just a meal—it's a health elixir. Learn to craft other traditional dishes that not only tantalize your taste buds but also boost your wellbeing. These pesticide-free, locally-grown ingredients offer a feast that's good for you and the planet.



The total of carbon emissions

10.0000 KgCo₂eq/person

HEALTHFULNESS

HEALTHFULNESS



Pedaling Through Paradise: Sukhothai's Rural Retreat

Greet the day with a leisurely bike ride through Sukhothai's verdant countryside. As morning mist dances with soft sunlight over endless green rice fields, pedal along quaint village lanes, passing bustling markets and traditional wooden houses. Pause to fill your lungs with fresh air beside serene canals, embracing the unhurried pace of rural life. Challenge yourself with a gentle climb up Doi Teen Ka hill for a breathtaking 180-degree view of Thai Cha Na Suek Community and the majestic Khao Luang Sukhothai.

The total of carbon emissions
30.0000 KgCo₂eq/person

Mindful Stitching: Traditional Thai Embroidery

Quiet your mind and focus your spirit with a unique, meditative activity—traditional Thai embroidery. In the cool shade of bamboo trees, learn the art of upcycling fabric scraps into charming keepsakes. As you breathe in the fresh country air, let your hands guide you through simple yet mesmerizing patterns—fish, birds, or flowing water. This isn't just crafting; it's a journey into mindfulness, where each stitch becomes a moment of zen. Experience the surprising calm that comes from this traditional skill, connecting you to generations of Thai artisans. Best of all, you'll take home more than just memories—your handcrafted souvenir serves as a tangible reminder of your moment of tranquility in rural Thailand. Perfect for both craft enthusiasts and those seeking a peaceful escape, this activity offers a unique blend of cultural immersion and personal reflection. Discover how a simple needle and thread can lead you to unexpected inner peace in the heart of Sukhothai.

The total of carbon emissions
0.0000 KgCo₂eq/person



**The total amount of greenhouse
gas emissions from all 3 activities is**

40.0000
KgCo₂eq/person



Recommended Activities

- Local Food Cooking Class

Recommended Restaurants

- Tra Poun Thong Restaurant
- Bussayapa Restaurant

Recommended Accommodations

- Legendha Sukhothai Resort
- Le Charme Sukhothai Resort

Contact

Thai Cha Na Suek Community

Coordinator : Khun Kheak

Phone Number : 09-3138-4018

ສະບຽບສ່ວນເສີ່ມການກ່ອງເກື່ອງໂດຍຊັບຊັບໄກຍະບະກິດ

Destination Management Company

Este Holiday Company Limited

Phone Number : 06-1364-6245

Email : esteholiday.sales2@gmail.com

Soak and Rejuvenate: Kanchanaburi's Forest Hot Springs

Kanchanaburi



Rock valley Hot Spring & Fish Spa - The Journey House Lifestyle Boutique Hotel

Escape the city's hustle to Rock Valley Hot Spring and Fish Spa, a natural haven nestled along the river in Kanchanaburi. This nearby retreat offers a perfect blend of relaxation and rejuvenation for body and soul. Immerse yourself in the healing warmth of natural hot springs, surrounded by the tranquil forest and scenic views of the River Kwai. Indulge in a range of wellness activities such as soothing hot spring baths, rejuvenating massage therapies, full-service spa treatments. Whether you're seeking a romantic getaway, family bonding time, or solo retreat, Rock Valley caters to all. Choose from various packages to customize your perfect day of relaxation. Here, the calming sounds of nature harmonize with world-class wellness services, promising a transformative experience. Leave the worries of daily life behind and return home refreshed, recharged, and ready to tackle the world.

Highlight Activities

Rock valley Hot Spring & Fish Spa -
The Journey House Lifestyle Boutique Hotel
Kanchanaburi

HEALTHFULNESS



Herbal Hot Springs: A Natural Spa Experience

Immerse yourself in blissful relaxation at Rock Valley's herbal hot springs, a haven featuring 15 unique pools designed to cater to every wellness need. With temperatures ranging from 38-42°C, each pool promises to boost circulation and melt away muscle tension. Explore a sensory journey through various herbal infusions—from invigorating coffee and vitamin-rich roselle to antioxidant-packed butterfly pea and immune-boosting andrographis. Sink into a silky milk bath or detoxify in the fat-burning, blood pressure-regulating herbal pool. Begin your experience with a 15-minute soak, letting nature's symphony wash over you, before treating your feet to a playful fish spa. This isn't just a dip; it's a holistic retreat where each pool offers a unique path to wellness, perfect for water enthusiasts and natural healing seekers alike. In the lush landscape of Kanchanaburi, Rock Valley's hot springs stand as a slice of paradise, promising to leave you refreshed, revitalized, and reconnected with nature's healing power.



The total of carbon emissions

10.0000 KgCo₂eq/person

HEALTHFULNESS

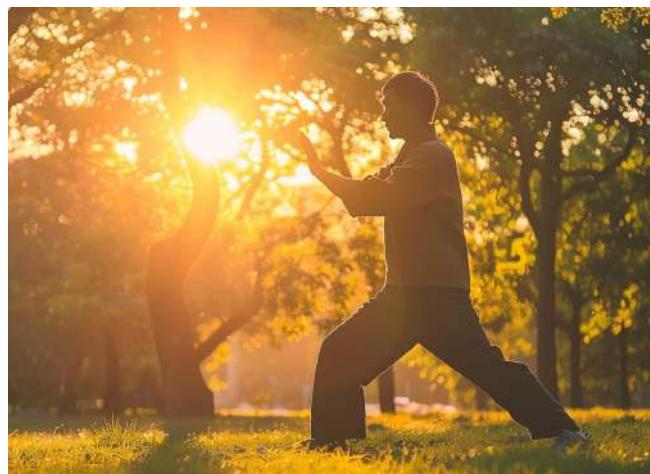
HEALTHFULNESS

Natural Clay Therapy: Beauty Amidst the Valley

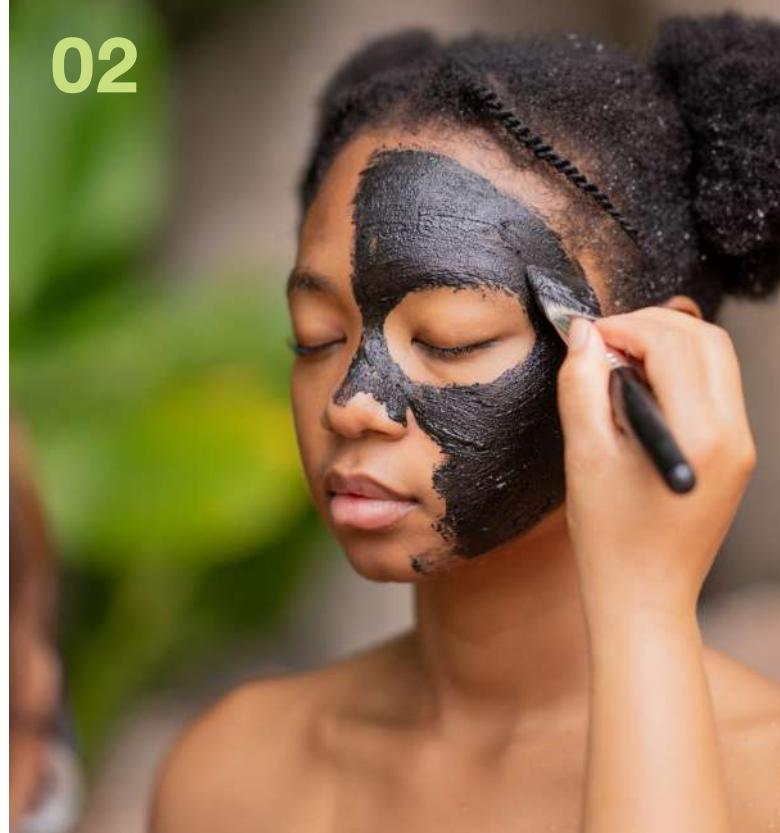
Discover the enchanting beauty secrets nestled in Kanchanaburi's valley with the ancient art of natural clay therapy. At Rock Valley, indulge in a luxurious treatment that promises both relaxation and rejuvenation. Begin your journey with a soothing soak in the hot springs, preparing your skin for the magic to come. As you recline, let the gentle sounds of the River Kwai and the tranquil forest envelop you. Next, experience the transformative power of natural clay as it's applied to your face and body, locking in moisture and infusing your skin with nature's nutrients. Feel the minerals penetrate deep into your pores as you bask in the serene environment. After a blissful interlude, rinse off to reveal incredibly smooth and radiant skin. This isn't just a spa treatment; it's a holistic experience that harmonizes the healing properties of nature with the picturesque beauty of Kanchanaburi, leaving you feeling refreshed, renewed and reconnected with the earth's natural bounty.

The total of carbon emissions

10.0000 KgCo₂eq/person



02



Recharge Your Spirit, Revitalize Your Body in Nature's Embrace

Rejuvenate your body and mind with a blend of Tai-Chi and yoga. Move slowly, focusing on deep breaths to build strength and soothe your spirit. Begin with meditation, harmonizing body and mind to boost circulation. Learn simple stretches to ease chronic pain and office syndrome. Then, experience an innovative folk remedy using fan-palm stems for leg stretches. Finally, indulge in complete relaxation in an herbal steam room, alleviating muscle aches and restoring your body's natural balance. This holistic wellness journey combines ancient wisdom with modern techniques for a truly revitalizing experience.

The total of carbon emissions

30.0000 KgCo₂eq/person

 The total amount of greenhouse
gas emissions from all 3 activities is

50.0000

KgCo₂eq/person



Recommended Activities

- Xtreme Centric Park Activities
- Thai Massage
- Foot Spa
- Volcanic Stone Spa

Recommended Restaurants

- Floating Raft Restaurant
- Ruen Thara Restaurant

Recommended Accommodations

- River Kwai Village Hotel
- Raitongthana Homelodge

Contact

Rock valley Hot Spring & Fish Spa

Coordinator : Khun Cherry

Phone Number : 09-2419-4993

[f](#) Rock valley Hot Spring & Fish Spa

The Journey House Lifestyle Boutique Hotel

Coordinator : Front Officer

Phone Number : 08-9411-9154

[f](#) The Journey House Lifestyle
Boutique Hotel Kanchanaburi

Destination Management Company

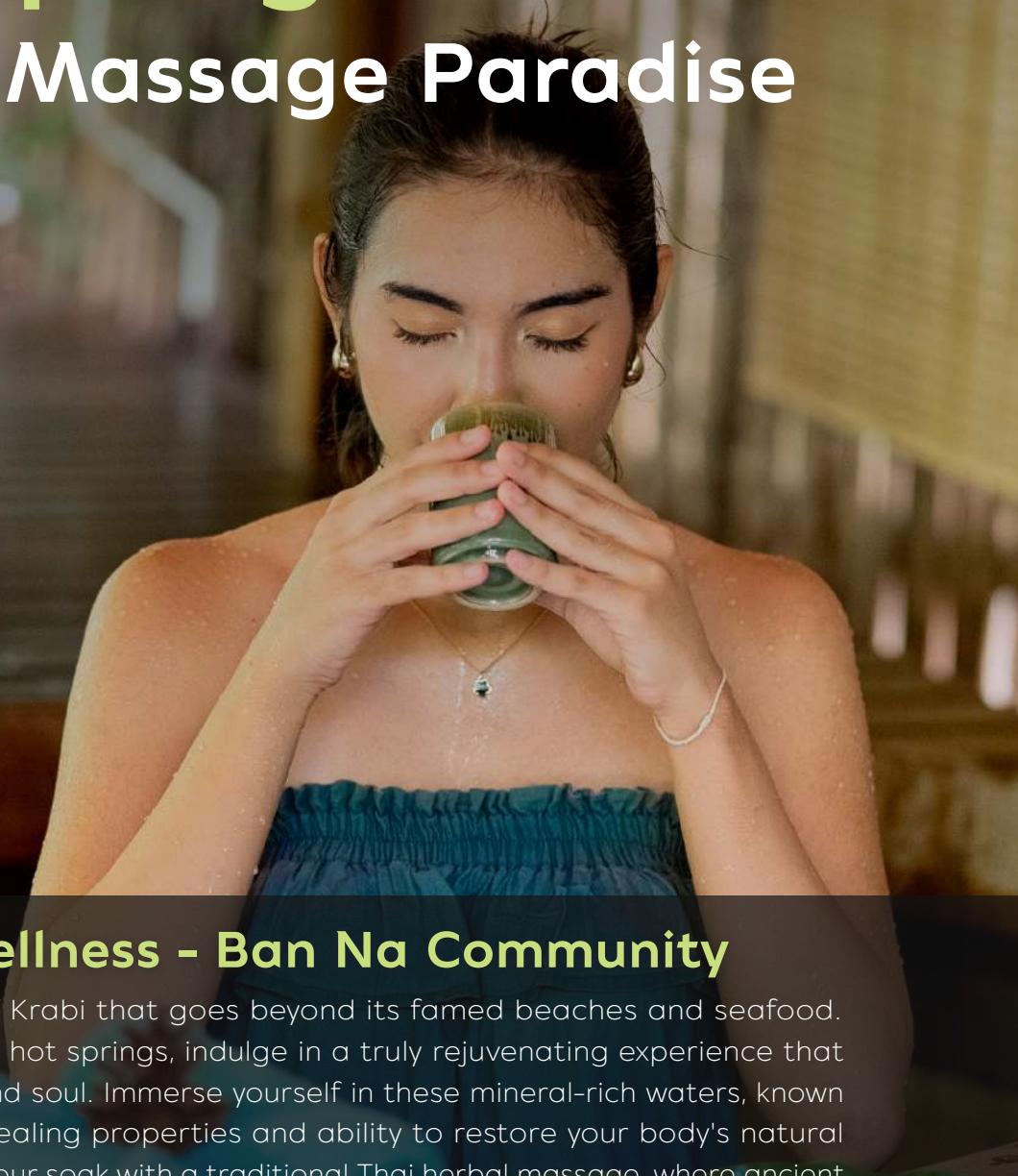
Jumbo Journey & Events Company Limited

Phone Number : 08-1763-7413

Email : tours@jumboriverkwai.com

Krabi's Unique Salt Hot Springs: Herbal Massage Paradise

Krabi



Amataya Wellness - Ban Na Community

Discover a side of Krabi that goes beyond its famed beaches and seafood. At the world's only salt hot springs, indulge in a truly rejuvenating experience that nourishes both body and soul. Immerse yourself in these mineral-rich waters, known for their exceptional healing properties and ability to restore your body's natural balance. Complement your soak with a traditional Thai herbal massage, where ancient wisdom meets modern relaxation techniques. This harmonious blend of natural therapies offers more than just pampering; it's a holistic approach to wellness. For those seeking targeted treatments, expert physicians are on hand to provide personalized care. Whether you're looking to unwind or address specific health concerns, Krabi's salt hot springs and herbal therapies promise a transformative experience. You'll leave this tropical paradise not just refreshed but truly revitalized, ready to face life's challenges with renewed energy and vigor. It's more than a vacation; it's a wellness journey that will linger long after your tan fades.

Highlight Activities

Amataya Wellness - Ban Na Community
Krabi

HEALTHFULNESS

01



Salt Hot Springs: Nature's Stress-Melting Marvel

Immerse yourself in the world's only natural salt hot springs, a geological wonder unique to Krabi. These mineral-rich waters, bubbling up from deep within the earth, offer more than just a soak—they're a rejuvenating embrace for body and mind. The perfect temperature invites you to sink in and let the stress of work, travel, or illness simply melt away. As you float, feel the carefully balanced minerals work their magic, restoring your body's equilibrium and soothing your spirit. Under the guidance of wellness experts, you can maximize the therapeutic benefits of these miraculous waters. Dedicate a day to this extraordinary experience and you'll emerge not just relaxed but truly renewed. It's more than a spa day; it's a transformative journey into nature's own healing sanctuary.



The total of carbon emissions
30.0000 KgCo₂eq/person

HEALTHFULNESS

HEALTHFULNESS

Ancient Thai Massage: A Journey to Blissful Relaxation

Embark on a journey of deep relaxation and healing with the time-honored tradition of Thai massage at Krabi's world-class spa resort. This ancient art form, perfected over centuries, offers more than just physical relief—it's a holistic experience that unlocks tension and melts away stress. Expert therapists employ a symphony of techniques: pressing, kneading, squeezing, stretching and pulling, complemented by soothing heat therapy. As skilled hands work their magic, feel the accumulated tension from work and daily life dissolve, making way for a profound sense of renewal. Set against the backdrop of a five-star resort's tranquil ambiance, this isn't just a massage—it's a transformative ritual.

 **The total of carbon emissions**
30.0000 KgCo₂eq/person

02



03



Make Herbal Oils of Ban Na's Heritage

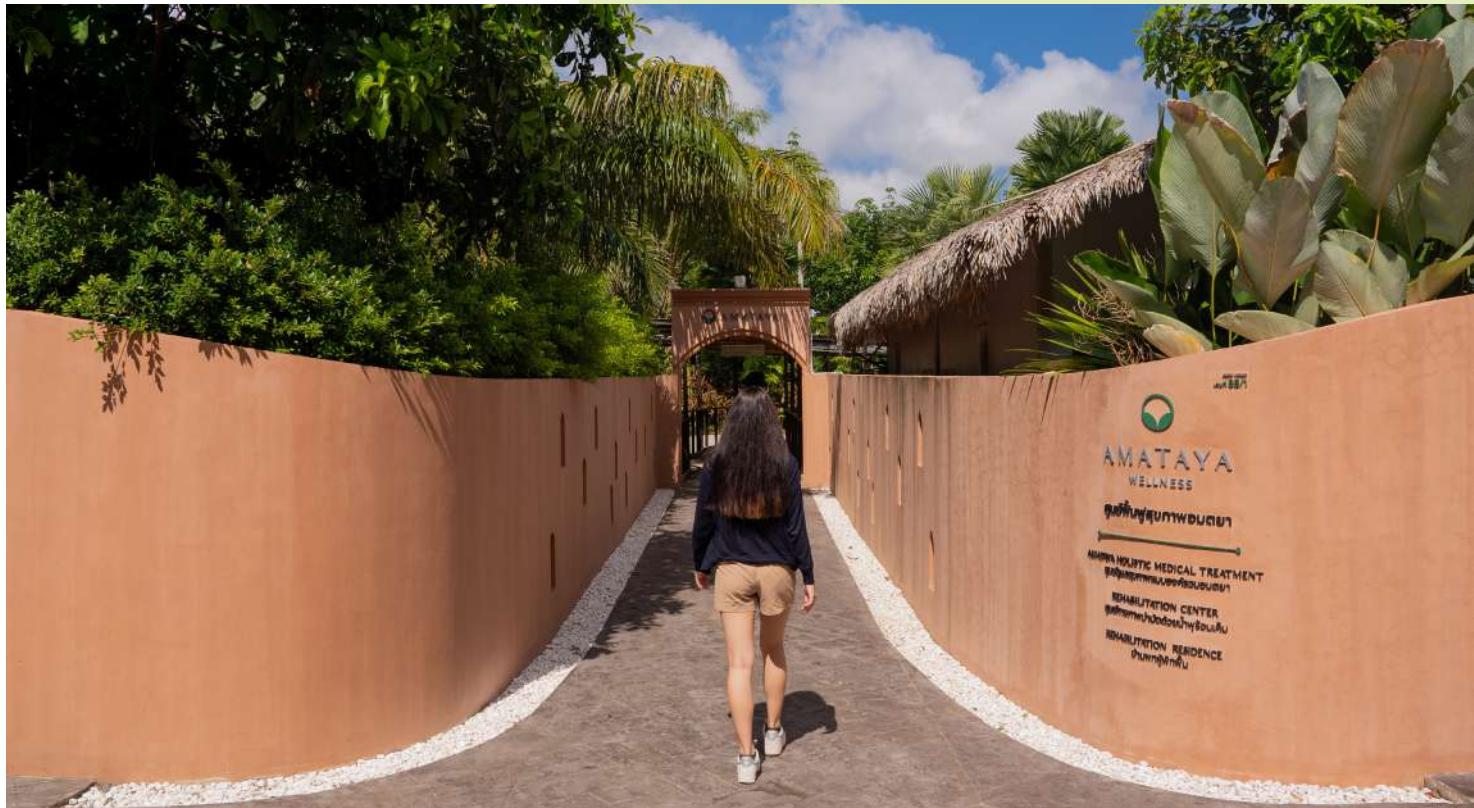
Embark on a sensory journey through Ban Na's lush herb gardens, guided by local wisdom keepers. Pluck, smell and taste an array of Thai medicinal plants, unlocking nature's pharmacy right in the community's backyard. Transform your newfound knowledge into a hands-on experience as you craft your own therapeutic massage oil, a fragrant souvenir to carry the essence of Krabi home with you. Then, treat your taste buds to Ban Na's signature dish: "Yam Khai Khem Nam Pu Ron" a zesty salad featuring eggs uniquely prepared in the local hot springs. These mineral-rich eggs, infused with the springs' natural goodness, offer a flavor profile you won't find anywhere else.

 **The total of carbon emissions**
10.0000 KgCo₂eq/person

 **The total amount of greenhouse gas emissions from all 3 activities is**

70.0000

KgCo₂eq/person



Recommended Activities

- Herbal oil making Workshop
- Herbal garden walking Tour
- Skin scrubs

Recommended Restaurants

- Ruenmai Restaurant
- Plant Plate Organic Restaurant

Recommended Accommodations

- Dusit Thani Krabi Beach Resort
- Aonang Princeville Villa Resort and Spa

Contact

Amataya Wellness - Ban Na Community
Coordinator : Khun Bell
Phone Number : 08-7323-9563
[f](https://www.facebook.com/amataya.wellness) Amataya Wellness

Destination Management Company

Positive Group Social Enterprise
Company Limited
Phone Number : 08-3703-4564
Email : thaiguideguru@gmail.com



Rayong: Rejuvenate Body and Soul with Sound Healing

Rayong



Onyx Holistic Wellness - Botanical Garden Rayong - Mesook Farm

Discover Rayong, the perfect getaway just a stone's throw from Bangkok, offering more than just beautiful beaches and delicious food. At Onyx Holistic Wellness, experience the transformative power of sound healing therapy, a unique approach to total relaxation and rejuvenation. This innovative treatment uses sound waves to realign your body and mind, melting away stress, anxiety and fatigue. What sets this experience apart is its eco-friendly approach-each session leaves virtually no carbon footprint, allowing you to heal yourself while helping the planet. Before you leave, don't forget to pick up some agarwood essential oil products, extending your wellness journey long after your visit. Rayong isn't just a destination; it's a holistic retreat where you can recharge, reset and reconnect with yourself in harmony with nature. Whether you're escaping for a weekend or a short break, this hidden gem promises a unique blend of relaxation and ecoconscious living that will leave you feeling renewed and inspired.

Highlight Activities

Onyx Holistic Wellness - Botanical Garden Rayong -
Mesook Farm
Rayong

HEALTHFULNESS

Sound Healing Therapy: Waves of Wellness

Immerse yourself in the transformative world of sound healing at Rayong's Onyx - Holistic Wellness. This Japanese-inspired Reiki therapy harnesses the power of natural sound vibrations to induce a state of deep relaxation and balance for both body and mind. Whether you're grappling with work stress or muscle tension from travel, these healing sound waves penetrate deep into your being, realigning your emotions and spirit. Surrender to the expertise of energy healers as you lie back and let the gentle vibrations wash over you. This isn't just a treatment; it's a journey into holistic wellness that you've never experienced before. As the soothing sounds envelop you, feel the stress melt away and a profound sense of calm take its place. Take your time to fully absorb this unique healing experience, allowing the carefully crafted soundscapes to work their magic.



 **The total of carbon emissions**
40.0000 KgCo₂eq/person

HEALTHFULNESS

HEALTHFULNESS

02



Rejuvenate Amidst the Agarwood Forest

Escape to a serene oasis nestled in a 30-year-old agarwood forest, where nature's symphony and pure air revitalize your senses. At this unique green café, immerse yourself in tranquility as you sip health-enhancing agarwood oil infusions while overlooking a peaceful pond. Let the gentle waft of essential oils transport you to a state of calm, far removed from daily chaos. Playful, fluffy dogs await to add a touch of joy to your retreat. This isn't just a café visit; it's a multi-sensory journey into relaxation. As you unwind, surrounded by the forest's healing energy, you'll feel your stress melt away and your spirit lift. Before you reluctantly leave this woodland haven, pick up some agarwood-based wellness products to continue your journey of relaxation at home.

 **The total of carbon emissions**
10.0000 KgCo₂eq/person

Tranquil Kayaking through Ancient Melaleuca Forest

Embark on a soul-soothing adventure in Rayong's Botanical Garden, where physical exertion meets natural wonder. Paddle your kayak through the last remaining white Melaleuca forest in Eastern Thailand, known locally as "Nong Chamrung." This century-old prehistoric woodland is a hidden gem, teeming with over 400 rare plant species, diverse wildlife and a myriad of bird species. As you glide silently through the lush wetlands, let the rhythmic motion of paddling and the serene surroundings wash away your stress. Capture Instagram-worthy shots of secluded islands, weathered driftwood and unique flora like the sedge clusters and water hyacinth. For those preferring solid ground, a bike ride around the islands offers an equally exhilarating experience. This is a journey back in time, offering a rare glimpse into Thailand's ancient ecosystems

 **The total of carbon emissions**
0.0000 KgCo₂eq/person



 **The total amount of greenhouse gas emissions from all 3 activities is**

50.0000
KgCo₂ eq/person



Recommended Activities

- Crystal Therapy
- Agarwood Inhalers making Workshop

Recommended Restaurants

- Ra Yong Restaurant
- YindeeSeafood Restaurant
- Mocha Restaurant

Recommended Accommodations

- Kantary Bay Hotel Rayong
- Rayong Marriott Resort and Spa

Contact

Onyx Holistic Wellness Hotel Fuse Rayong
Coordinator : Khun Tawan
Phone Number : 08-0983-0108

f Onyx Holistic Wellness

Botanical Garden Rayong
Coordinator : Staff Officer
Phone Number : 03-8638-880

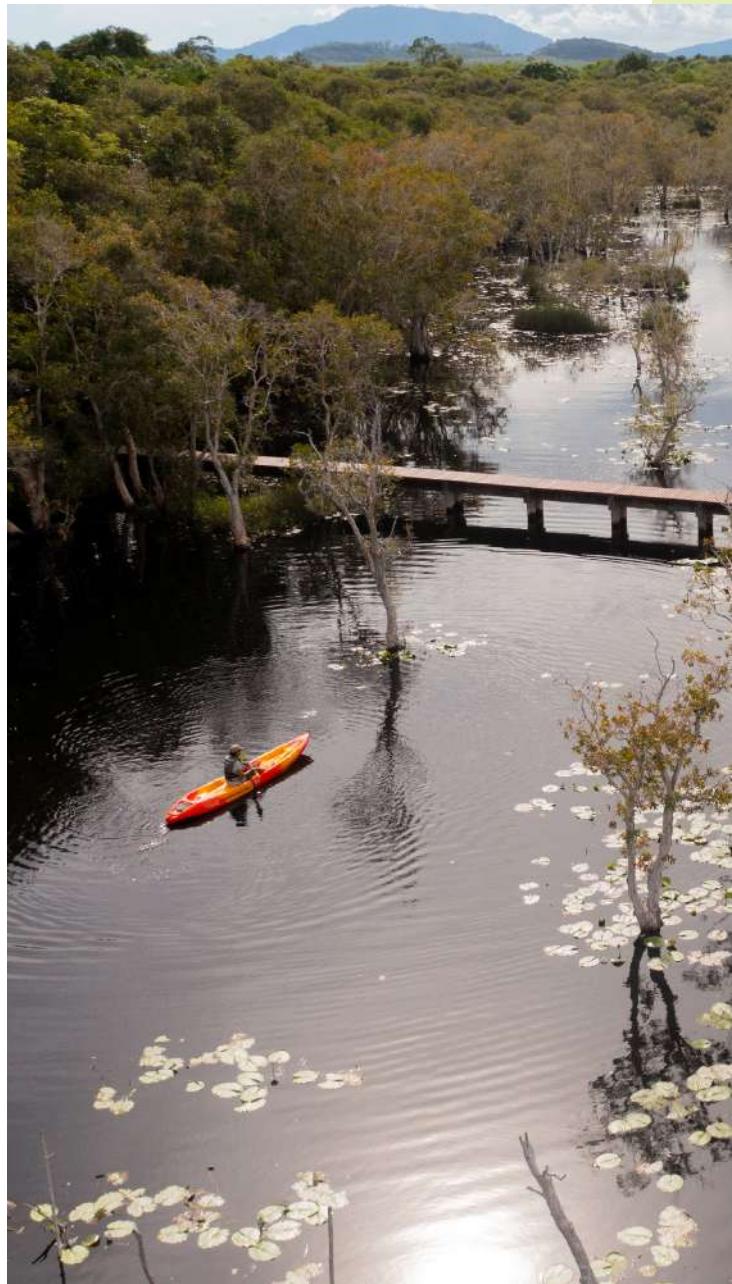
f สวนพฤกษาสต์ระยอง

Mesook Farm | Rayong
Coordinator : Khun Tek
Phone Number : 08-2898-7886

f Mesook Farm

Destination Management Company

Asian Rise Travel Company Limited
Phone Number : 08-9415 6240
Email : booking@siamrisetravel.com



Udon Thani's Red Lotus Sea: A Serene Boat Journey

Udonthani

The Red Lotus Sea Tour Boat Group of Ban Diem Community Enterprise

Discover a new side of Udonthani with a tranquil boat ride through the mesmerizing Red Lotus Sea. From December to February, witness the breathtaking spectacle of millions of pink water lilies carpeting the surface of Nong Han Lake. As you glide through this floral wonderland, sip on refreshing lotus tea, its delicate flavor perfectly complementing the morning light and helping to balance your body and mind. Capture Instagram-worthy shots of this Unseen Thailand gem, with lucky visitors spotting flocks of birds or local fishermen at work, their silhouettes etched against the soft dawn light. After your boat trip, indulge in a healthy lotus petal wrap at community, a culinary delight that nourishes both body and soul.

Highlight Activities

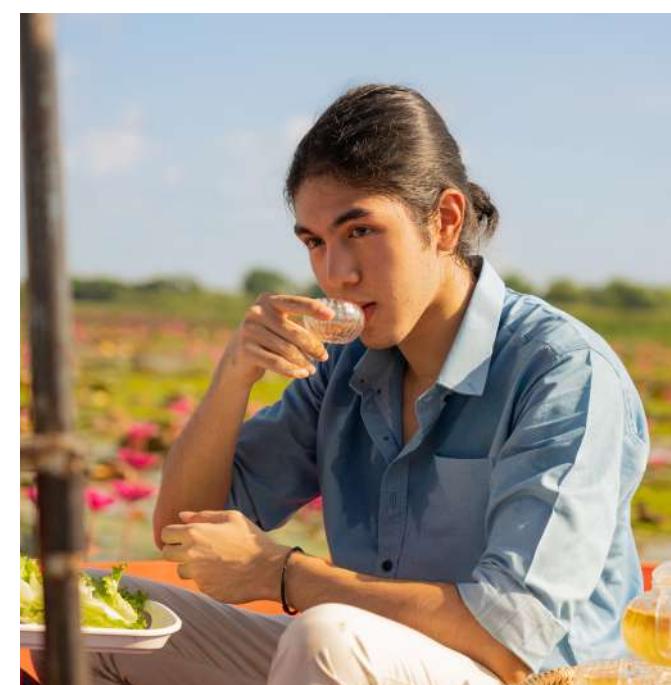
The Red Lotus Sea Tour Boat Group
of Ban Diem Community Enterprise
Udonthani

HEALTHFULNESS

Lotus Tea and Crimson Blooms: A Serene Boat Journey

Embark on a magical morning voyage across Nong Han Lake, where biodiversity thrives and beauty unfolds with every ripple. As dawn breaks, witness the spectacle of countless red lotus flowers slowly unfurling to greet the sun, their delicate petals painting the water's surface in hues of pink and crimson. Sip fragrant lotus tea as you glide through this floral wonderland, its soothing aroma and taste perfectly complementing the tranquil scenery. Listen to captivating local stories that bring the lake's rich history to life, adding depth to your visual feast. Slowly navigate through channels of blooming lotuses, each turn revealing new, picture-perfect vistas that beg to be captured.

 The total of carbon emissions
350.0000 KgCo₂eq/person



HEALTHFULNESS

HEALTHFULNESS

Lotus Petal Wraps: Ban Diem's Blissful Bite

Discover Ban Diem's culinary gem: the Red Lotus Petal Wrap. This innovative snack transforms Nong Han Lake's iconic flowers into a healthy, stress-busting treat. Immerse yourself in local tradition as you carefully fold chili, lime, dried shrimp and peanuts into delicate lotus petals, drizzling them with aromatic herbal syrup. As you savor each bite, let the sweet fragrance and unique texture of fresh lotus transport you to a state of calm. More than just a snack, it's a mindful ritual that connects you to Udonthani's heart. Known for reducing stress and enriching blood, this delicacy offers a moment of tranquility in your journey. The experience is so captivating, you'll be tempted to recreate it at home.

 **The total of carbon emissions**
70.0000 KgCo₂eq/person

02



 **The total amount of greenhouse gas emissions from all 2 activities is**

420.0000

KgCo₂ eq/person



Recommended Activities

- Lotus tea Workshop
- Learning about the fisherman's way of life

Recommended Restaurants

- Kao Tom Kun Eang Restaurant
- Poach Cha Na Restaurant

Recommended Accommodations

- Centara Udon
- Hotel VELA Dhi Udon Thani

Contact

The Red Lotus Sea Tour Boat Group
of Ban Diem Community Enterprise
Coordinator : Khun Pai Sit
Phone Number : 08-9359-0871
 กะเลบัวแดงบ้านเดียน

Destination Management Company

Kantana Tour Company Limited
Phone Number : 08-3402-3030
Email : tourkantana@hotmail.com



DESTINATION MANAGEMENT COMPANY

NORTH

Low Carbon Route	Province	Destination Management Company	Phone Number	Email
• Leisurely cycling through Chiang Saen: exploring the birthplace of Lanna culture	Chiang Rai	Northern Smile Group Company Limited	05-3289-657	reservations@northernsmiletravel.com
• Hiking in Mae Hong Son: exploring lahu villages	Mae Hong Son	Thai Local Product Import Export Company Limited	08-6311-5631	thailocalista@gmail.com
• Local delicacies: narrating Chiang Mai's way of life	Chiang Mai	Northern Smile Group Company Limited	05-3289-657	reservations@northernsmiletravel.com
• Food as medicine: Thai wisdom healing at Thai Cha Na Suek	Sukhothai	Este Holiday Company Limited	06-1364-6245	esteholiday.sales2@gmail.com

CENTRAL

Low Carbon Route	Province	Destination Management Company	Phone Number	Email
• Exploring Mae Klong: embracing balanced happiness	Samut Songkhram	Local Alike Company Limited	06-4559-8636	info@localalike.com
• Cycling through the ancient capital, Ayutthaya listening to the tales of Mon brick makers	Ayutthaya	Ayutthaya Boat & Travel Company Limited	03-5244-558	admin@ayutthaya-boat.com
• Explore the ancient capital: discovering Ayutthaya's charm through its sweets	Ayutthaya	Nutty's Adventures Company Limited	08-1456-9862	info@nutty-adventures.com
• Soak and rejuvenate: Kanchanaburi's forest hot springs	Kanchanaburi	Jumbo Journey & Events Company Limited	08-1763-7413	tours@jumboriverkwai.com

SOUTH

Low Carbon Route	Province	Destination Management Company	Phone Number	Email
• Cave river cruise: exploring nature across two provinces	Nakhon Si Thammarat	T. Adventure & Learning Company Limited	08-2824-4615	tarzanthailand@gmail.com
• Train journey to sawi: embracing the Chumphon experience	Chumphon	Positive Ggroup Social Enterprise Company Limited	08-3703-4564	thaiguideguru@gmail.com
• Delicious green at Nai Nang	Krabi	Silver Hawk Group Company Limited	08-7898-1346	silverhawkgroup@gmail.com
• Krabi's unique salt hot springs: herbal massage paradise	Krabi	Positive Group Social Enterprise Company Limited	08-3703-4564	thaiguideguru@gmail.com

EAST

Low Carbon Route	Province	Destination Management Company	Phone Number	Email
• Beachside serenity: exploring Trat the eco-friendly way	Trat	Local Alike Company Limited	06-4559-8636	info@localalike.com
• Journey on railway: a local train ride to Wiman Din in Paed Riw	Chachoengsao	Local Alike Company Limited	06-4559-8636	info@localalike.com
• Chanthaburi's Triple delight - coastal Crabs, Hawks watching & Spice Gardens	Chanthaburi	Positive Group Social Enterprise Company Limited	08-3703-4564	thaiguideguru@gmail.com
• Rayong: rejuvenate body and soul with sound healing	Rayong	Asian Rise Travel Company Limited	08-9415 6240	booking@siamrisetravel.com

NORTHEAST

Low Carbon Route	Province	Destination Management Company	Phone Number	Email
• Exploring Isan: slow life in Ubon city	Ubon Ratchathani	Sridara Tour Company Limited	08-2365-6514	sridaratour@gmail.com
• Rest your body near Khao Yai, heal your soul the green way	Nakhon Ratchasima	Local Alike Company Limited	06-4559-8636	info@localalike.com
• Zesty Isan: authentic flavors of the northeast	Khon Kaen	Kantana Tour Company limited	08-3402-3030	tourkantana@hotmail.com
• Udonthani's red lotus sea: a serene boat journey	Udonthani	Kantana Tour Company limited	08-3402-3030	tourkantana@hotmail.com



20 LOW CARBON LIFESTYLES

amazing THAILAND

