

Journey to Thailand

Spas, Site & Shops ~ October 13 – 21, 2007



Grand Palace, Bangkok

Thailand is the land of many smiles, kind faces, art, temples, beauty and delicious cuisine. From the simple prayerfulness of the Hill Tribe people, to the breathtakingly ornate temples in the outskirts of Bangkok, Thailand is truly a place of wonders. Let the quiet serenity of the people, the spirituality and the geography take you to new places within your soul. The focus of our trip is on the many sites in Bangkok and Chang Mai, Thailand's exotic spas and the gorgeous silks, artwork and handicrafts of the local artisans. For the busy person this is the perfect trip for you combining site seeing, spa time for yourself and amazing shopping all together in a 10 day trip. Travel the paths of Thailand with spiritual guide Lynne Wiggins.



Lynne Wiggins has been leading spiritual and adventure tours to the World's Sacred Sites for the past 13 years. Her trips offer the traveler safe and first class travel to unusual and ancient locations. Her philosophy is for her clients to enjoy all the local sites, as well as experience their rich past. For over 25 years, Lynne has studied with various Teachers, Healers and Shamans. She is well versed in the ways of the ancient teachings and world religions. After selling her Metaphysical Center in Boston, she devoted herself full time to helping others discover these Sacred Sites. Her travels have taken her to Peru, Egypt, Tibet, Nepal, Bhutan, Burma, Cambodia, Thailand, Bolivia, India, Mexico, Guatemala, Greece, Bali, Africa, Spain, France, England and Brazil. She now resides in North Carolina where she shares ownership in a Wellness Center Spa. www.ahlarainternational.com



Journey to Thailand

Oct 13 - 21, 2007

Oct 13, Sat

Arrive Bangkok International Airport.
Transfer from airport to Royal Orchid Sheraton Hotel. Rest of the evening free.

Oct 14, Sun. Hotel. (B/L/-)

Bangkok. Prasart Museum

This is the centre of a vase collection of artifacts from pre-historic through Rattanakosin periods. Various styles of architecture, for example, a baroque building, a smaller version of the Red Palace in Bangkok National Museum, and an imitation of Ho Phra of Wat Yai Suwannaram, are scattered within the museum complex. Lunch at local restaurant.

PM: Visit Green Leaf Spa in Bangkok and experience spa treatment for 2 hours (Body wrap, Aromatherapy and Face massage with essential oil). www.greenleafspa.com

Oct 15, Mon. Hotel. (B/L/-)

Grand Palace & the Emerald Buddha



0800-1200: The Grand Palace is one of the most beautiful samples of an ancient Siamese court. It used to be the residence of the Kings of Bangkok. Here you will see palaces which were used for different occasions: the Funeral Palace, the Reception Palace, the Throne Hall, the Coronation Hall, the Royal Guest House, and the beautiful Emerald Buddha Temple. Also, visit the Wat Po. Afternoon free, you can rest or shop.

Oct 16, Tue. Hotel. (B/L/-)

Bangkok - Chiang Mai

Fly to Chiang Mai. Lunch at local restaurant. In the afternoon Spa treatment.

Oct 17, Wed. Hotel. (B/L/-)

Chiang Mai

Half day bicycle tour. Lunch at local restaurant.

PM: Handicraft Factories

Tour of the Handicraft factories to see the manufacturing of lacquer ware, the spinning and weaving of Thai Silk and how paper umbrellas are made. Also visit a famous Thai wood carving factory with possibility to buy Burmese antiques. Return to hotel.

Oct 18, Thu. Hotel. (B/L/-)

Chiang Mai

We will drive to Doi Inthanon, our first stop will be the riverfront Worarot Market - with its exotic selection of fruits, fish, and flowers - where saffron clad monks can be seen collecting their alms. We will spend the remainder of the day countryside around Chiang Mai which is notable for its hill tribe populations.

Return to hotel late afternoon for Spa treatment.

Oct 19, Fri. Hotel. (B/L/-)

Chiang Mai - Lampang - Sukhothai

AM: Lampon & Haripoonchai Temple

Visit to the famous Wat Haripoonchai in Lampon built in 1157. It is one of the most sacred monuments in the north, with intricately lacquered doors, one of the largest bronze gongs in the world and two fine Buddha images in bronze. Also visit to the village of Pasang, noted for its high quality silk and cotton weaving. Continue drive to Lampang see Elephant Conservation Center, Wat Phrathat Lampang Luang and the Burmese style Temple Wat Phra Kaew Don Tao. Lunch at local restaurant. Drive to Sukhothai about 2 hours.

Oct 20, Sat. Hotel. (B/L/D)

Sukhothai - Bangkok

Visit the ancient ruins at Sukhothai Historical Park and Wat Sri Chum with its gigantic Buddha statue. After lunch fly to Bangkok.

Transfer from airport to the city. Rest of the day free for shopping.

Oct 21, Sun

Transfer to airport and fly back home.

Tour Price, Land only
\$ 3200 per person
Single room supplement
\$495 per person

Price Includes:

- ① Accommodation on twin sharing basis with breakfast at hotel.
- ① Lunch in local restaurants & last dinner in BKK. Please check itinerary for included meals.
- ① Private transfers & tours by air conditioned coach with English Speaking Guide.
- ① Baggage handling fee.
- ① Three spa sessions
- ① Admission fee.
- ① BKK-Changmai & Sukhothai- Bangkok airfare, with current fuel surcharges.
- ① Tax, service charge and Vat.

Price doesn't include:

- ① Other services and meals that are not mentioned in the program.
- ① Optional tours.
- ① All airport taxes (budget about \$25)
- ① Personal/travel insurance
- ① Gratuity
- ① Expenditure of a personal nature; such as drinks, souvenirs and laundry, etc.



Call with questions:

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I enclose my deposit of \$500.00 (\$300.00 non-refundable) per person, payable to Ahlara International.

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