



# Thailand & Laos Convention Tour

13 days

Join fellow Group Coordinators and Go Ahead Tours staff as you visit Thailand's ancient ruined capitals, local villages, and mountaintop temples to explore all sides of this vibrant country of contrasts. Then, cross into Laos to discover the country's signature flavors, rich cultures, and religious traditions. The spice and rice will nourish your body; the scenery and history will nourish your soul.



## Your tour package includes

- 11 nights in handpicked hotels
- 11 breakfasts
- 3 lunches
- 8 dinners with beer or wine
- 1 cooking class
- Guided sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach
- 4 on-tour flights

## Included highlights

- Grand Palace complex
- Convention Tour meeting and networking
- Elephant Sanctuary
- Araksa Tea Garden
- Wat May Souvannapoumaram
- Laos Buffalo Dairy farm
- Ock Pop Tok Living Craft Centre
- Xieng Khuan
- Buddhist meditation session
- Pha That Luang
- COPE Visitor Centre

## Tour pace

On this guided tour, you'll walk for at least 2 hours daily across uneven terrain with some hills.

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## Overnight Flight → 1 night

### Day 1: Travel day

Board your overnight flight to Bangkok today.

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## Bangkok → 3 nights

### Day 2: Arrival in Bangkok

Welcome to Thailand! Settle in to your hotel this evening.

### Day 3: Sightseeing tour of Bangkok & Convention Tour meeting

*Included meals: breakfast, lunch, welcome dinner*

This morning, join your Tour Director on a sightseeing tour of Bangkok.

- Explore the sprawling Grand Palace complex, built in 1782 for the king of Siam
- See the city's vast array of Buddha statues at the Temple of the Emerald Buddha (Wat Phra Kaew), the Temple of the Reclining Buddha (Wat Pho), and the Temple of the Golden Buddha (Wat Traimit)
- Enjoy an included lunch with your fellow travelers

Join your group for the Convention Tour meeting, a series of presentations and discussions designed with Group Coordinators' questions, experiences, and interests in mind.

- Begin with a keynote address by senior members of Go Ahead Tours staff, followed by an insider's view of the company and tours
- Discuss tour planning and recruiting best practices with Go Ahead Tours staff and your fellow Group Coordinators
- Get an overview of the many benefits available to you as a Go Ahead Tours Group Coordinator and learn about new program updates
- Enjoy coffee and tea

Head to a local restaurant for a welcome dinner this evening.

### Day 4: Market visit, cooking class, canal cruise & food tour

*Included meals: breakfast, lunch*

Discover the flavors and sites of Bangkok on this morning's guided tour.

- Join a local guide for a tour of a market, where fresh produce is sold
- Take part in a cooking class led by local chefs to learn how to make a variety of Thai dishes
- Sit down to enjoy an included lunch
- Tour the city's canals, called *klongs*, on a speedboat and converted rice barge

This evening, take a food tour of Bangkok's Chinatown.

- Head to Yaowarat Road, the hub of the city's Chinatown
- Join a local guide for a walking tour to discover the best Thai-Chinese cuisine
- Visit a variety of local eateries as you learn the history behind each dish you eat

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## Chiang Mai → 3 nights

### Day 5: Flight to Chiang Mai

*Included meals: breakfast, dinner*

Fly to Chiang Mai this morning. Later, sit down for an included dinner.

### Day 6: Elephant Sanctuary

*Included meals: breakfast, lunch*

Spend today exploring the sprawling countryside outside of Chiang Mai.

- Visit the Mae Taeng Valley and the Elephant Sanctuary, a camp dedicated to caring for the elephant population through conservation efforts and ending mistreatment
- Learn about Asian elephants as you watch them feed and bathe
- Enjoy an included lunch

### Day 7: Araksa Tea Garden & Walking Tour of Old Chiang Mai

*Included meals: breakfast, dinner*

Head to the Araksa Tea Garden to learn about the origins and production of this popular drink

- Walk through the bushes, pick leaves, and learn how to brew the perfect cup of tea
- Sample Assam tea, a type of black tea

Enjoy a guided walking tour through the streets of Chiang Mai this afternoon.

- Pass through Tha Phae Gate on your way to the old city
- See Wat Phra Singh, Viharn Lai Kham, and Wat Chedi Luang temples

Make your way outside of Chiang Mai to join a local Lanna family at their home for dinner.

- Get a tour of the family's orchards and gardens before entering their home
- Help prepare a spread of traditional Thai dishes
- Sit down to enjoy your meal while learning about Lanna culture and traditions from your hosts

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## Luang Prabang → 2 nights

### Day 8: Flight to Luang Prabang & walking tour

*Included meals: breakfast, dinner*

Fly to Luang Prabang, Laos. Then, set off on a walking tour with your Tour Director to discover the city that was once the country's royal capital.

- Pass by Wat May Souvannapoumaram, the largest Buddhist temple in the city
- See how Laos royalty lived during a visit to the Royal Palace Museum
- View the Phra Bang statue, the country's most important and sacred Buddha image
- Meander along the Mekong waterfront and enjoy free time to pop into local shops and restaurants

Sit down for an included dinner this evening.

### Day 9: Laos Buffalo Dairy farm & Ock Pop Tok Living Craft Centre

*Included meals: breakfast, dinner*

Today, learn about a few of the area's socially responsible businesses and how they help support the local community.

- Take a guided tour of the Laos Buffalo Dairy farm, the only buffalo farm in the country
- Learn how local farmers come here to learn sustainable farming practices
- Have an opportunity to feed the buffalo, give them a bath, learn how they're milked, and why buffalo milk is good for you
- Visit the on-site cafe to try the homemade cake of the day, paired with ice cream
- Continue on to the Ock Pop Tok Living Craft Centre, which was founded by, and is run by, women

- Discover how the village women create hand-loomed textiles, many of which take two weeks to complete, during your guided tour
- Hear about the fair-trade practices the center follows
- Enjoy free time to wander through the weaving room and observe the experts at work

Sit down for an included dinner this evening.

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## Vientiane → 2 nights

### Day 10: Flight to Vientiane & Xieng Khuan

*Included meals: breakfast, dinner*

Fly to Vientiane. Then, pay a visit to the Xieng Khuan.

- View some of the more than 200 Hindu and Buddhist statues, scattered on the lush grounds of the open-air park
- Learn how Luang Pu, a religious figure, designed the park to reflect his interest in both the Hindu and Buddhist religions

Sit down for an included dinner this evening.

### Day 11: Buddhist meditation & sightseeing tour of Vientiane

This morning, visit a local Buddhist temple for a guided meditation session. While here, you'll meet and talk with one of the resident monks to learn about Buddhism.

Set off on a guided tour of Vientiane, the capital and largest city in Laos, alongside a local guide this afternoon.

- Visit Pha That Luang, which was built in the 16th century and is considered the most sacred building in Laos
- See the Patuxai Monument, an intricately designed war monument that reflects the architectural style of the Arc de Triomphe
- Continue on to Wat Sri Saket, the oldest temple in Vientiane, which is home to almost 7,000 Buddha images
- End the morning by visiting the COPE Visitor Centre
- Learn how this organization helps people who have been injured by the unexploded ordnances in the countryside

Sit down for an included dinner this evening.

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### Day 12: Flight to Bangkok

*Included meals: breakfast, farewell dinner*

Fly to Bangkok today. Later, celebrate your trip at a farewell dinner this evening.

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## Flight Home

### Day 13: Departure

*Included meals: breakfast (excluding early morning departures)*

Transfer to the airport for your flight home.

## Bangkok → 1 night