



Adventure week in Thailand

Immerse yourself in the stunning nature of Chiang Mai while satisfying your craving for excitement! Prepare to embark on thrilling activities. From exhilarating walking tours and cycling adventures to bamboo water rafting, you'll experience breathtaking moments and adrenaline-pumping thrills.

Program description

Embark on an unforgettable journey through the stunning landscapes and vibrant culture of Chiang Mai, Thailand. This adventure-packed tour is designed to offer an exhilarating blend of activities, relaxation, and cultural immersion. From thrilling walking tours and cycling adventures to bamboo water rafting and a full day at an elephant sanctuary, this program is perfect for nature and adventure enthusiasts.

Dive into the heart of Thai traditions with a rejuvenating Thai massage and spa treatment, indulge in local sightseeing, and connect with the region's natural beauty. Whether you're seeking adrenaline-pumping activities or moments of serene reflection, this program offers the perfect balance. With expert guidance and a strong emphasis on safety, your journey will be as secure as it is exciting.

Experience the best of Chiang Mai, gain a deeper appreciation for Thai culture, and create unforgettable memories on this carefully curated adventure.

Program highlights:

- **Exciting Adventures:** Experience heart-racing activities such as walking tours, cycling, bamboo water rafting, and boxing sessions.
- **Elephant Sanctuary:** Spend a full day connecting with and caring for majestic elephants in their natural habitat.
- **Thai Wellness:** Immerse yourself in the soothing art of traditional Thai massage and spa treatments.
- **Cultural Immersion:** Explore the essence of Thailand through sightseeing tours and authentic experiences.
- **Relaxation and Nature:** Balance your adventure with ample time to relax and take in the breathtaking surroundings of Chiang Mai.

Additional Equipment

- Light and Comfortable Clothing: For walking tours, cycling, and bamboo rafting
- Modest Attire: Clothes that cover shoulders and knees for visits to temples or cultural sites.
- Waterproof Jacket for unexpected rain
- Swimwear: For water activities like bamboo rafting.
- Hat and Sunglasses
- Light Sweater or Jacket: For cooler mornings or evenings.
- Comfortable Shoes
- First-aid kit (medications, sunscreen, insect repellent, rehydration tablets)
- Toiletries (shampoo, soap, etc.)
- Day pack, small travel towel, reusable water bottle
- Moneybelt, locks for bags
- Personal entertainment (books, cards, music player)
- A small backpack for day trips.
- Waterproof bags to keep electronics safe.
- Power Bank, for charging devices on the go.



Schedule

Monday

- Start your adventure with a hearty meal.
- Program Introduction: Registration, general information, and an introduction to Thai culture, including essential Do's and Don'ts.
- Chiang Mai City Walking Tour: Discover the city's rich history, vibrant streets, and hidden gems on foot.
- Enjoy a delicious meal and reflect on the day's explorations.

Tuesday

- Fuel up for a day of excitement.
- Cycle Tour (Morning): Explore the lush landscapes and scenic trails of Chiang Mai.
- Recharge with a delightful meal.
- Cycle Tour (Afternoon): Continue your journey through picturesque terrains and rural beauty.
- Relax and unwind with a satisfying dinner.

Wednesday

- Begin your day with a nourishing breakfast.
- Elephant Experience: Spend a memorable morning at the elephant sanctuary, connecting with these gentle giants.
- Refuel after your inspiring morning.
- Bamboo Water Rafting: Float down tranquil waters and enjoy the serenity of Chiang Mai's natural surroundings.
- Wrap up your adventurous day with a delicious meal.

Schedule

Thursday

- Kick off the day with a wholesome breakfast.
- Thai Boxing Session (Morning): Learn the basics of Muay Thai, Thailand's traditional martial art.
- Savor a delightful meal to replenish your energy.
- Thai Boxing Session (Afternoon): Hone your skills and push your limits in this exhilarating workout.
- Enjoy a well-deserved dinner after an action-packed day.

Friday

- Begin your final day with a comforting meal.
- Thai Massage and Spa Treatment: Experience ultimate relaxation with a traditional Thai massage and spa session.
- Relish your midday meal in blissful tranquility.
- Souvenir Shopping and Market Exploration: Browse local markets for unique souvenirs and immerse yourself in the vibrant atmosphere.
- Celebrate the week's adventures with a farewell dinner.

**This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.*