



Thailand



A Journey of Beauty, Belonging & Becoming

JANUARY 1, 2026 - JANUARY 16, 2026

La Paz International Foundation invites you on a breathtaking journey through Thailand—from the vibrant heartbeat of Bangkok to the sacred stillness of Chiang Mai and the soulful hills of Pai. This is more than travel; it's a dance between culture and rest, a space to reconnect with yourself, with others, and with the beauty of the planet. Wander ancient temples, savor bold flavors on a guided food tour, learn the art of Thai cooking, share sacred space with elephants in an ethical sanctuary, bathe in sound with master healers, and melt into massages and spa rituals that nourish the soul. This is a journey of beauty, belonging, and becoming,





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DAY 1-2 JANUARY 1-2	Given the distance and 12 or so hour time difference, people typically arrive in Bangkok one-two calendar days after leaving the States. Book your own flights and be sure your arrival in Bangkok is on the January 2nd! Morning/afternoon arrivals strongly recommended. If you'd like, Luciana can book your flights for you, please contact her should you prefer that option. You will be given transfer instructions to Bangkok and transfer to a perfectly located hotel where we will stay while in Bangkok. The hotel is centrally located to one of the busiest streets in Bangkok and a short walking distance to the Skytrain. After you settle in, we will have our orientation in the Leap Frog rooftop bar and restaurant or similar location!
DAY 3 JANUARY 3	After breakfast there will be a brief follow-up orientation once people have rested to go over some important details for navigating and making the most of your time in Bangkok. Open day to rest, explore markets, the famous Cabbages & Condoms restaurant, have a spa treatment (or two!), go to the floating market, or just relax by the pool. In the evening, we strongly recommend walking to Zanzibar Restaurant where we will indulge in an amazing Thai meal while enjoying live music. Dancing is optional but strongly encouraged! (Alcohol & Food not included.)
DAY 4 JANUARY 4	In the morning after breakfast we'll take the SkyTrain to one of the biggest markets in Thailand, Chatuchak Weekend Market, to explore their beautiful spices, textiles, and gifts. Evening dinner at a local hotspot or back to Zanzibar for those who can't get enough of great food and dancing!
DAY 5 JANUARY 5	This morning after an early breakfast we embark on an incredible day of touring some of Bangkok's most famous Buddhist Temples including Wat Phra Kaew or 'The Temple of the Emerald Buddha,' The Grand Palace and Wat Pho is also known as 'The Temple of the Reclining Buddha,' and more. The splendor, majesty, history, and architecture of these Temples and images of the Buddha are sure to leave a lasting impression. Learn from a local guide about the history of Thailand and these magnificent structures. After a short afternoon rest, we'll take a food tour of the Famous Thai Chinatown Food District with a top-rated food guide.
DAY 6 JANUARY 6	We will transfer to the airport after breakfast and take a short flight to Chiang Mai, a lovely city in the North of Thailand. The 700-year-old city of Chiang Mai was built in 1296 to be the capital city of the Lanna Kingdom which covered most of Northern Thailand for hundreds of years. Upon arrival, we will transfer to the Rim Resort, our home in Chiang Mai. Shop, enjoy epic massage and spa treatments, and explore. Enjoy dinner at the Canal Restaurant located on our hotel property or perhaps try some of the local food, it's fun and delicious!
DAY 7 JAN 7	Morning free time to explore local caves, experience luxurious spa treatments, or just relax by the pool. Evening we'll explore one of the largest outdoor markets in Thailand to see local textiles, products, and foods - it's an experience to be sure!
DAY 8 JANUARY 8	This could end up being one of the most incredible days of your life! After breakfast we'll transfer to the Thai Elephant home. We'll have an introduction to the elephants and the mission of the Thai Elephant Home. As an afternoon treat, we will meet our elephant for the day, learn some simple elephant commands and hop on board for a 3-4-hour one-of-a-kind experience to connect with these powerful and majestic beings. We will ride on the neck of the elephant (where the elephant prefers) through the jungle and reserve area stopping to have lunch in a remote location. You can give your elephant a mud bath and even receive a special "kiss" from the elephant if you want! From there we go to the river to play with the elephants in the water. We'll return to the Rim Resort in the mid/late afternoon to enjoy a relaxing evening, do some exploration of Chiang Mai, or maybe even squeeze in a spa treatment



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DAY 9	After breakfast we'll take a shuttle through the winding roads in the North from Chiang Mai to Pai. Pai is a remarkable destination and cultural hub where you will have the unique opportunity to experience traditional sound baths. After settling into our hotel we'll take a little tour of the Night Street where there's great little shops and amazing food! Consider eating at the Omega restaurant while in Pai - it's out of this world!
DAY 10-11	For the next 2 days you will experience a once-in-a-lifetime opportunity to work with a world-class Master Sound Healer who will teach us sound theory and practice to learn the ancient tradition of sound healing using singing bowls and other sound instruments. Words cannot explain how remarkable this experience will be! For those interested, you can also book private evening sessions with the Healer. Our evenings will be free to explore the area. Consider visiting the bunny café where rabbits are your guests at your table while you sip coffee.
DAY 12	This will be our final day in Pai where we can integrate our sound bath experiences. For those interested, you can continue to engage in sound therapies, visit local temples or caves, experience a traditional small market, have spa treatments, or just relax.
DAY 13	After breakfast we will travel back to Chiang Mai for our flight to Bangkok. We'll settle back into our hotel and have a relaxing evening. Consider relaxing in the Leap Frog bar, taking a walk to pursue the local street market, or venture to an exciting top-rated restaurant.
DAY 14	Free day to pack, explore malls, markets, the floating flower market, learn about the silk industry through a visit to the Jim Thompson House, or just relax. Evening gathering to share stories about our journey and say farewell, for now, to the group.
DAY 15	Departure from Bangkok to the USA, transportation to the airport not included but can be easily arranged with the hotel or with Luciana.





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THE DATES	• Leave USA on January 1 • Arrive in Bangkok (BKK) on January 2 earlier is better than later; programming begins January 2 • Depart BKK on January 15, arrive in USA on January 16. • What an extension in Cambodia or Vietnam? I'm happy to connect you with one of my South Asian Pacific Partners.	
WHAT'S INCLUDED	• Round trip flight between Chiang Mai (CNX) to Bangkok (BKK) • Private transportation from BKK to hotel in the city on return from Chiang Mai • All hotel accommodations, double occupancy; upgraded experience in Bangkok • Breakfast every day and some other meals where noted (food tour, cooking, elephant refuge) • Temple Tour in Bangkok • Food Tour in Bangkok • Round trip transfers from CNX to Hotel • Local guides for all tours • Round trip transportation to the Thai Elephant Home • Elephant Experience (learn about their elephant rescue plan and rehabilitation, learn basic elephant commands, and connect with an elephant's beauty and majesty while it takes you on an enchanted experience through the jungle). • Two full days of sound healing theory and practice with the instruments to learn the ancient healing practice from a world-class sound Master. • Cooking class from top-rated cooking school	
WHAT'S NOT INCLUDED	• Round trip air fair to Bangkok • Some local transportation, for example, city train tickets for exploring or going to markets • Any meals not listed in the itinerary • Souvenirs and gifts • Tips for guides • Excursions not listed in the itinerary • Return transportation from Bangkok hotel to BKK (can be arranged for you, however)	
COST?	\$4,800 Double Occupancy (Inquire if single occupancy is desired)	
PAYMENT SCHEDULE	• \$500 Deposit by September 1 (or before if fills) • \$1700 Due October 1 • \$1700 Due November 1 • \$800 Due December 1 • Pay in full by September 1: \$4500	REFUND SCHEDULE • \$500 non refundable • \$1700 Before October 15 • \$1000 Before November 15 • \$0 November 16-Travel

