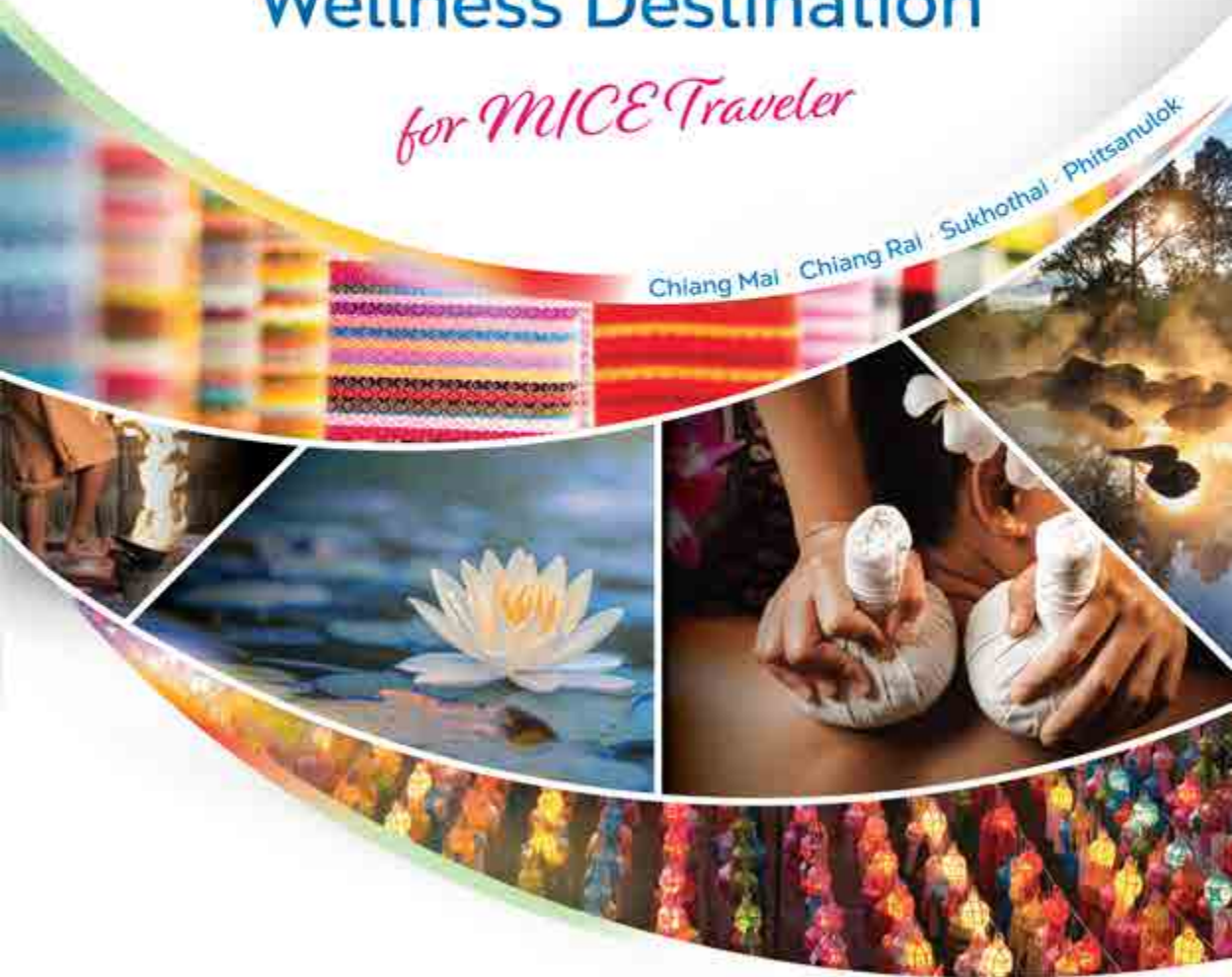




# Delightful Lanna Wellness Destination

*for MICE Traveler*

Chiang Mai · Chiang Rai · Sukhothai · Phitsanulok







The Thailand Convention and Exhibition Bureau (TCEB) is a government agency that promotes Thailand as a global leader in business events. As part of its commitment to sustainability and local empowerment, TCEB actively supports the development of wellness-based products, activities, and destinations across Northern Thailand.

Through close collaboration with communities, wellness practitioners, and creative entrepreneurs, TCEB highlights Chiang Mai, Chiang Rai, Phitsanulok, and Sukhothai as a unique Lanna Wellness Destination. From hot springs and herbal healing to mindful retreats and cultural therapies, TCEB helps elevate local wellness experiences to the international MICE stage.



# Delightful Lanna

## Wellness Destination for MICE Traveler

Envision indulging in the healing benefits of natural hot springs, nestled against the breathtaking backdrop of northern Thailand's serene mountains. Immerse yourself in the rich allure of local culture, herbal gardens, and traditional medicine—an enduring heritage that is deeply intertwined with the Lanna way of life.

Savor the philosophy of food as medicine, explore vibrant tea and coffee plantations, and witness the powerful benefits of organic farming in enhancing wellness.

For MICE travelers, a journey across the four provinces of Chiang Rai, Chiang Mai, Phitsanulok, and Sukhothai offers a redefined path towards Wellness Destination.

### Spotlights

- Chiang Rai : Hot Springs, Thai Massage, Specialty Coffee, Yoga, Homestays
- Chiang Mai : Hot Springs, Spas, Traditional Thai Medicine, Vipassana Meditation
- Phitsanulok : Herb City, Herbal Medicine
- Sukhothai : Organic Gardens, Spas





Ma Long Der



San Kamphaeng  
Hot Springs



Hug Onsen



The Baan Hom Samunphrai School



Ban Thung Luang Pottery



Phra Buddha Chinnarat



Arsom Salao



Thap Yai Chiang  
Community Enterprise

“  
Thailand's Heritage  
of Wellness and  
Sustainable Living  
”



# Wellness

in Lanna Destination





# Chiang Rai

Total Relax





# Immerse yourself in the bliss of a wonderful experience

## Route 1

"Learn the art of Lanna massage, healing the body and mind. Yoga class will bring smiles and laughter."

### Morning Session

- Pa Tueng Hot Spring
- Hong Hom Phaya Lanna Clinic

### Afternoon Session

- Gita's House



## Route 2

"Tasting good food and enjoying hot springs, this place that combines Lanna and international styles"

### Morning Session

- Lanna Onsen or Hug Onsen

### Afternoon Session

- The Roastery By Roj

### Evening Session

- Something Journey

## Route 3

"The Lanna land is rich in herbs, hot springs and teas"

### Morning Session

- Pha Soet Hot Spring or Pong Pu Fuang Hot Spring

### Afternoon Session

- Sawanbongdin Tea House & Experience

### Evening Session

- Ma Long Der

## 8 Wellness Categories



### Onsen & Hot Springs

Natural mineral baths to relax, detox, and rejuvenate.



### Herbal & Thai Traditional Healing

Authentic Lanna remedies with herbal compress & ancient massage.



### Mindfulness & Meditation

Spiritual retreats for balance and clarity of mind.



### Organic Farms & Wellness Lifestyle

Farm-to-table experiences that nourish from the source.



### Tea & Coffee Therapy

Savor calm in every sip of premium local brews.



### Wellness cafés & Vegan Cuisine

Wholesome, sustainable dishes for mindful living.



### Craft & Creative Healing

Art-inspired therapy through hands-on cultural workshops.



### Boutique Wellness Resorts & Spas

Curated stays with spa rituals and wellness ambiance.





## Pa Tueng Hot Spring Mae Chan District

Pa Tueng Hot Spring is one of the most renowned hot springs in Chiang Rai. The natural mineral water emerges along a fault line running in an east-west direction of the Chan River. Notable features include multiple water temperature levels and 4-5 mineral pools. The main attraction is the hot spring geyser, which spouts water up to 10 meters high.



### Tips for MICE Travelers

- Experience the onsen and follow up with a visit to the Choui Fong Tea Plantation for a delightful tea tasting.
- Explore the Royal Project at the Doi Tung Royal Villa.
- Indulge in traditional Thai massage, steam therapy, and herbal treatments.

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📍 : Pa Tueng, Mae Chan District, Chiang Rai  
🕒 : Open Daily from 09.00 a.m. - 06.00 p.m.  
☎ : 09-9515-1610



## Tana Spring Resort, Mae Chan

Tana Spring Resort is an exclusive, European-style retreat that seamlessly combines Eastern and Western design elements. The resort's standout feature is its traditional onsen spa, crafted by a renowned Japanese architect. With its natural hot spring source and picturesque mountain scenery, the resort offers guests an authentic experience that evokes the serene ambiance of Japan, complete with onsen bathing and Japanese-inspired dining.

### Tips for MICE Travelers

- Savor the unique Fuji Murasaki rice, a specialty of Chiang Rai.
- Dine at “CHOB Brasserie,” a charming farmhouse-style restaurant.
- Discover an impressive collection of over 1,000 rare and collectible items on display.



 : 274,484 Moo 12 Patung, Mae Chan,  
Chiang Rai

 : 0-5202-4213

 : [rsvn@tanaspingsort.com](mailto:rsvn@tanaspingsort.com)

 : Tana Spring Resort Mae Chan





## Pong Pu Fuang Hot Spring Mae Suai District

The source of the hot spring is situated in the heart of nature within the Mae Lao Forest Reserve on the left bank. Surrounded by mountainous valleys, the spring emerges along a fault line of rocks oriented in a northwest-southeast direction, with water flowing continuously throughout the year.

### Tips for MICE Travelers

- The destination sees a moderate number of visitors.
- It is easily accessible, located close to the main transportation route (Highway No. 118).
- A private onsen is conveniently located nearby.

📍 : Moo 1 Mae Suai, Mae Suai District,  
Chiang Rai

🕒 : Open Daily from 08.30 a.m. - 04.30 p.m.

☎ : 09-5445-1472






## Lanna Onsen, Mae Suai

Lanna Onsen offers a premier hot spring experience, featuring Hot Pool facilities sourced from the mineral-rich springs of Ban Pong Pu Fuang. The spring water is naturally enriched with minerals from Quartz and Fine-Grained Granite, with a surface temperature of approximately 85°C and a pH of 8.5, meeting the high standards set by Japanese onsen resorts. The property is set against a stunning mountainous backdrop, offering private onsen baths in a variety of room configurations, providing guests with an exclusive and tranquil retreat.



### Tips for MICE Travelers

- Enjoy a traditional Japanese-style mineral bath experience.
- In the winter months, take a scenic hike and witness the breathtaking autumn foliage.
- Indulge in the exquisite fresh onsen eggs, a local culinary specialty.

 : 229 Moo 1, Ban Pong Pu Fuang,  
Mae Suai District, Chiang Rai

 : 09-4642-1978

 : Lanna Onsen Mae Suai



## HUG ONSEN, Mae Suai

HUG ONSEN offers an authentic Japanese onsen experience, featuring private hot spring baths within clean and comfortable rooms. Guests can indulge in a relaxing atmosphere while enjoying spectacular views of the surrounding mountains and morning mist. The property also boasts a beautifully landscaped flower garden and is conveniently located near the year-round mineral-rich hot spring of Pu Fuang.



### Tips for MICE Travelers

- Experience traditional Japanese culture by wearing a kimono and capturing beautiful photographs in an authentic setting.
- Private onsen baths are available for non-overnight guests from 07.00 a.m. - 08.00 p.m.
- The resort is in close proximity to renowned attractions such as Singha Park (Boonrawd Farm), Mae Suai Dam, Doi Chang, Doi Wawee, Wat Rong Suea Ten, Wat Rong Khun, and Wat Huay Pla Kang.

📍 : 170 Moo 1, Mae Suai Sub-district,  
Mae Suai District, Chiang Rai

☎ : 09-7998-4967

📞 : 0979984967

🌐 : [www.hugonsen.com](http://www.hugonsen.com)



## Tung Thawi Hot Spring

Tung Thawi Hot Spring is situated amidst the serene natural beauty of gardens and farmland, offering a peaceful and scenic environment. The mineral-rich waters, with a temperature of approximately 61°C, are ideal for therapeutic soaking. The facility features a spacious single bath, measuring 15 meters in width and 20 meters in length, providing ample space for relaxation.

### Tips for MICE Travelers

- Experience the onsen while enjoying panoramic views of the surrounding rice fields.
- Benefit from a larger mineral bath compared to other hot spring locations.
- Private onsen resorts are conveniently located near the hot spring.

📍 : Ban Pong Tawee Moo 5, Wiang Pa Pao, Chiang Rai

🕒 : Open Daily from 04.00 a.m. - 11.00 p.m.

📌 : Tung Tewee Hot Spring





## Pha Soet Hot Spring

Experience the healing power of natural hydrotherapy from underground hot springs, enriched with minerals that have traversed deep rock layers. Known for their therapeutic properties, these hot springs offer relief for joint and bone ailments, enhance blood circulation, and revitalize the skin, maintaining its youthful glow. In addition to their physical benefits, the soothing waters provide a rejuvenating escape, relieving stress and promoting mental relaxation for a truly restorative experience.

### Tips for MICE Travelers

- Indulge in a rejuvenating experience with a private bath for ultimate relaxation.
- Experience the therapeutic benefits of traditional Thai massage and herbal spa treatments.
- Discover the rich culture of ethnic villages and visit elephant sanctuaries for a unique, unforgettable experience

📍 : Moo 6, Pha Soet Phatthana Village,  
Ban Doi Hang, Chiang Rai

🕒 : Open Daily from 07.00 a.m. - 05.00 p.m.

☎ : 0-5360-9117



## Gita's House

Discover a unique and enriching experience at Gita's House, Chiang Rai. Join us for a transformative session of Laughter Yoga & Self-Connection in a warm and inviting environment. This activity, designed for intimate groups of up to 10 participants, is led by Kay Wararuk Sunonethong, Thailand's exclusive Certified International Laughter Yoga Master Trainer from Laughter Yoga International. The session blends laughter, Yoga Nidra, and reflective practices to promote relaxation, rejuvenation, and self-connection.

### Tips for MICE Travelers

- Reservations are recommended to secure your spot.
- MICE travelers can enjoy a 3-hour yoga session designed to refresh and revitalize both body and mind.
- A delightful Bed & Breakfast-style homestay, offering a personalized and comfortable stay.



: 108/13 Soi Namthip, Kohloi Rd., T. Robwang,  
Mueang District, Chiang Rai



: 08-3471-6556



: +66834716556



: gitashouse@gmail.com



: Gita's House










## The Roastery By Roj

The Roastery By Roj is a premier destination for coffee enthusiasts, offering an exceptional experience centered around the aromatic flavors of native Northern Thai coffee. Located in the heart of Chiang Rai, the café provides an intimate setting where guests can observe the meticulous coffee roasting process up close. Additionally, the establishment offers specialized barista training courses for both Thai and international participants, further contributing to the region's coffee culture.

### Tips for MICE Travelers

- Engage in expert discussions with skilled baristas about the nuances of coffee.
- Savor a range of coffee varieties while witnessing live brewing demonstrations.
- Enjoy the signature Ice Americano, made with premium coffee beans cultivated in Chiang Rai.

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 : Soi Sanambin, Chiang Rai, Thailand  
 : Open Daily from 08.00 a.m. - 05.00 p.m.  
 : 08-5886-9632  
 : [theroasterybyroj](https://www.instagram.com/theroasterybyroj)  
 : [The Roastery By Roj](https://www.facebook.com/theroasterybyroj)





## Sawanbondin Tea House & Experience

Sawanbondin Tea House offers a refined and immersive tea experience, featuring the aromatic essence of tea leaves handpicked from the highlands. Founded by Chukiat Vasaruchapong, a renowned tea expert, the tea house provides a unique Lanna cultural experience. The establishment has received international recognition, including the Highly Commended Award from The UK Tea Academy. Guests can Indulge in the Single Origin Mae Ai First Flush Black Tea, complemented perfectly by the rich Wild honey ice cream and authentic Matcha Green Tea exceptional highlights of local taste.



### Tips for MICE Travelers

- Experience Organic Tea Products from the “Kid Dee” brand.
- Engage in educational activities at the learning center, including tea brewing, tasting, and blending sessions.
- Contribute to the conservation of local community forests through your visit.

 : Sawanbondin Tea House and Experience, Chiang Rai

 : 08-1205-3554 / 09-8259-4295

 : [swbd@sawanbondin.com](mailto:swbd@sawanbondin.com)

 : Sawanbondin Tea House & Experience





## Something Journey Chiang Rai

Something Journey Chiang Rai offers an exceptional villa retreat immersed in nature, featuring skylights and set on a vast 230-acre property with breathtaking views of a large lake. The venue includes a coffee shop and restaurant surrounded by meticulously designed landscapes, envisioned by the owner as a welcoming space for visitors to Chiang Rai. The location also hosts live music performances and serves a range of unique homemade dishes. Recognized internationally, it was awarded Thailand's Favorite Restaurant by Koktail Magazine - TFR in 2025 and was featured on Restaurant Guru in 2024.



### Tips for MICE Travelers

- Experience the signature creative dish made from local Kiaw Ngoo sticky rice, a renowned produce of Chiang Rai.
- Relax in the pet-friendly, lush green garden.
- A must-visit for home décor enthusiasts.

📍 : 99 Moo 28, Huai Sak, Mueang Chiang Rai District, Chiang Rai

🕒 : Open Daily from 10.30 a.m. - 08.00 p.m.

☎ : 09-9465-5362

📧 : @somethingjourney

📷 : SomethingJourney.Chiangrai

✉ : something.journey@gmail.com

📘 : Something Journey Chiang Rai

🌐 : [www.somethingjourney.com](http://www.somethingjourney.com)




## Ma Long Der

Ma Long Der is a distinguished Lanna Fusion Food Restaurant that brings traditional Northern Thai cuisine to life with a modern twist. Sourced directly from local farmers, the dishes are meticulously crafted with a focus on freshness and authenticity. The vibrant presentation integrates cultural elements of the North, featuring locally sourced vegetables, fruits, flowers, and handcrafted items. Committed to safety and cleanliness, Ma Long Der adheres to the Thai restaurant standards set by the National Food Institute (NFI), offering an experience that truly embodies the concept of “food as medicine.”



### Tips for MICE Travelers

- Capture visually stunning dishes that resemble works of art.
- Don't miss the unique “Fried Flower Salad” a rare and delicious treat.
- Enjoy the in-house gallery showcasing local art, offering insight into Chiang Rai's rich cultural heritage.

 : 551 Moo 1, Phahonyothin Rd.,  
Ban Du Sub-district, Mueang District,  
Chiang Rai

 : 09-5229-5359

 : MLD5359

 : Ma Long Der Chiang Rai



## Hong Hom Phaya Lanna Clinic

Hong Hom Phaya Lanna Clinic offers an immersive experience into traditional Lanna healing practices, located at Wat Phra That Doi Ong, Nang Lae Sub-district, Mueang District, Chiang Rai. The clinic allows travelers to engage with Lanna folk medicine through a variety of therapeutic services, including ancient Lanna massage techniques, herbal treatments, acupressure, herbal steam baths, chicken coop body steaming, and “Yam Khang” therapy. The “Yam Khang” therapy involves massaging the body with feet dipped in medicinal oils (such as Plai oil or sesame oil). Apply heat by stepping onto legs warmed over a charcoal stove, then direct the heat to the affected area to promote relief.



### Tips for MICE Travelers

- Office syndrome, back pain or shoulder tension.
- Beneficial for those experiencing migraine headaches or work-related stress.
- Located near notable attractions such as the Black House Museum (Baan Dam) and Wat Phra That Chom Sak.

📍 : 12 Moo 8, Phahonyothin Rd., Nang Lae Sub-district, Mueang District, Chiang Rai

☎ : 08-9043-6045

✉ : Honghompaya2021@gmail.com

📘 : Hong Hom Phaya Lanna

# Chiang Mai

Serenity in Style





A beautiful day,  
awakening the spirit,  
relaxing the body

### Route 1

"A journey to experience culture and high art that you can touch."

#### Morning Session

- San Kamphaeng Hot Spring or Doi Saket Hot Spring

#### Afternoon Session

- Baan Jang Nak - Museum of Elephant Wood Carvings

#### Evening Session

- Wat Pa Tan Temple - Thai Yong Community

### Route 2

"In the name of love, nature and herbs, discover the art of healing and cooking."

#### Morning Session

- Ontai Farm

#### Afternoon Session

- The Baan Hom Samunphrai School

#### Evening Session

- Euang Kam Sai - Northern Thai Restaurant



### Route 3

"Explore the beauty of the mind in a new land of cultures & traditions."

#### Morning Session

- Ban Rai Kong Khing Community

#### Afternoon Session

- Free Bird Café or Amrita Garden

#### Evening Session

- Wat Phalad Sikitakamee (Meditation)
- Wat Ram Poeng (Meditation)



## San Kamphaeng Hot Springs Chiang Mai

San Kamphaeng Hot Springs, located in Mae On District and developed under the Royal Initiative, offers a world-class health and wellness retreat. The facility provides a comprehensive range of services, including expansive hot spring pools, natural geothermal hot springs, mineral bath rooms, traditional Thai massage, dining options, and fully equipped accommodations. This hot spring is a prime example of a public wellness destination, perfectly integrating with the local community's lifestyle.

### Tips for MICE Travelers

- Conveniently located just 30 minutes from Chiang Mai city center.
- Overnight stays with private mineral bath tubs available.
- Outdoor camping options available during the winter season.

📍 : Moo 7, Bansahakorn, Mae On, Chiang Mai  
 🕒 : Open Daily from 07.00 a.m. - 06.00 p.m.  
 📞 : 0-5303-7101  
 📷 : [san\\_kamphaeng\\_hot\\_springs\\_2022](#)  
 🎵 : [skphotosprings](#)  
 🌐 : [www.skphotosprings.com](#)





## Wat Pa Tan Temple Thai Yong Community

The Thai Yong ethnic group, also known as the “Yong people,” are descendants of migrants from Kengtung, Myanmar. Despite their migration, they have successfully preserved their distinctive language, cultural practices, and traditional medicinal knowledge. Senior members, often referred to as “Por Mor Muang” (City’s local doctor) share their wisdom and skills with the younger generation. The community operates herbal medicine club at Wat Pa Tan Temple, offering local herbal compress therapies and traditional Thai medical treatments. This knowledge is preserved through centuries-old palm leaf manuscripts. Visitors can experience weaving traditional “sinhs” skirts, explore local handicrafts, and enjoy a natural vegetable garden, making it an engaging destination for health tourism with rich cultural significance.



### Tips for MICE Travelers

- Experience the local culture by wearing traditional Thai Yong attire for unique photo opportunities.
- Art enthusiasts can enjoy the ancient murals that reflect the community’s history and traditions.
- Support local livelihoods through handmade textiles & Community crafts.

📍 : Wat Pa Tan, Moo 4, Buak Kang Sub-district,  
San Kamphaeng District, Chiang Mai

☎ : 08-0135-2589



## Kaomai Lanna Resort

Kaomai Lanna Resort, formerly a tobacco curing facility over 60 years old, has been thoughtfully renovated to showcase beautiful Lanna architecture, seamlessly integrating with the natural surroundings and mature trees. This resort and café have been noted by travelers for providing a peaceful retreat. With a strong focus on health and environmental sustainability, the resort has been officially recognized by the Department of Thai Traditional and Alternative Medicine as one of Chiang Mai's premier Wellness Centers.

### Tips for MICE Travelers

- Enjoy a relaxing stay at this resort, conveniently located near Chiang Mai International Airport.
- Savor exceptional health-conscious cuisine at 'Po Liang Bistro.'
- Rejuvenate with traditional Thai herbal treatments and massages at 'Thakarn Spa.'

 : 1 Moo 6, Chiang Mai-Hod Rd., Ban Klang, Sun Pa Tong, Chiang Mai

 : 08-6428-7481

 : kaomailanna

 : Kaomai Lanna Resort

 : [www.kaomailanna.com](http://www.kaomailanna.com)





## Doi Saket Hot Spring

Located just a short distance from Chiang Mai, Doi Saket Hot Spring offers a serene and hygienic environment, meticulously managed by local organizations and the surrounding community. The natural hot spring is renowned for its therapeutic properties, with water temperatures ranging from 94°C to a comfortably warm level. The facilities include foot baths, hot spring pools, hydrotherapy services, private mineral bath rooms, VIP Family Rooms, and traditional Thai massage services. The hot spring is especially popular among European visitors.

### Tips for MICE Travelers

- Ideal for exclusive group sessions (3-5 people).
- VIP rooms are available in both large and small sizes.
- Private room usage is limited to 30-minute sessions.



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- 📍 : Highway 3005, Mae Pong Sub-district, Doi Saket, Chiang Mai
  - 🕒 : Open Daily from 8.00 a.m. - 10.00 p.m.
  - ☎ : 08-2660-8919 / 08-1027-3047
  - 📺 : Doi Saket Hot Spring
  - 📷 : Doi Saket Hot Spring
  - 📱 : Doi Saket Hotspring



## Free Bird Café

Located in the vibrant Nimmanhaemin area of Chiang Mai, Free Bird Café is a small, inspiring establishment dedicated to making a positive impact. The café operates as part of a social initiative, providing support to Burmese and Shan refugees. It offers a diverse menu that includes vegan and plant-based dishes, all made with locally sourced ingredients. The menu blends Thai, Western, and Burmese cuisines, reflecting the tastes of its American owner, Lisa Nesser, a former volunteer who worked with refugees along the border. Additionally, the café features a selection of health products for sale.

### Tips for MICE Travelers

- Breakfast service available.
- Signature dish: Burmese Tea Leaf Salad.
- Support a meaningful cause by purchasing products benefiting vulnerable communities.

📍 : 14 Sirimangkalajarn Soi 9, Chiang Mai

🕒 : Tuesday & Sunday from  
09.00 a.m. - 05.00 p.m.  
Wednesday to Saturday  
from 09.00 a.m. - 08.00 p.m.  
(Closed on Mondays)

☎ : 09-9351-4404

📷 : freebirdcafe

📱 : Free Bird Café





## Amrita Garden

Amrita Garden is a health-focused restaurant offering a refined selection of macrobiotic and vegetarian dishes, expertly crafted by a Japanese owner. Each dish is not only aesthetically pleasing but also packed with nutritious, locally sourced ingredients. The menu features organic salads, seasonal vegetables, and preservative-free meals, including hot soba with seasonal vegetables, vegan cheese burger sets, gluten-free pasta, and vegan platters. Guests can enjoy their meals in a peaceful and serene wooden house, surrounded by a tranquil garden setting.



### Tips for MICE Travelers

- Embrace the philosophy “You are what you eat.”
- Highly recommended: “Kombucha” a blood-nourishing drink.
- All dishes are GMO-free (No genetically modified organisms).

📍 : Soi Chantharawirod, Phra Sing,  
Mueang Chiang Mai District, Chiang Mai

🕒 : Open Daily from 10.00 a.m. – 10.00 p.m.  
(Closed on Tuesdays)

☎ : 09-0321-2857

✉ : [mail@amritagarden.net](mailto:mail@amritagarden.net)



## Wat Ram Poeng (Tapotaram)

Wat Ram Poeng, also known as Tapotaram, is a revered Buddhist temple with a rich history of over 533 years, serving as a spiritual foundation for the people of Chiang Mai. The temple is distinguished by its historic structures, stupas, and buildings, each beautifully shaped by centuries of tradition and time. Nowadays, on every Buddhist observance day throughout the year, Wat Ram Poeng extends a warm welcome to both Thai and international visitors to take part in the candlelight procession (Wien Tien), offering a meaningful opportunity to engage with and gain insight into the rich traditions and cultural heritage of Buddhism. The temple also offers the opportunity to participate in Vipassana meditation practice, based on the Four Foundations of Mindfulness, for those seeking a deeper spiritual experience.



### Tips for MICE Travelers

- **Candlelight Procession Schedule:**  
The procession takes place at 8.00 p.m. on every Buddhist observance day throughout the year. Venue: Lai Kham Viharn, Wat Ram Poeng.
- **Participation Guidelines:** Participants are kindly requested to wear respectful, modest attire and ensure mobile phones are silenced during the ceremony.
- **Vipassana Meditation Retreat Duration at Wat Ram Poeng:** For Thai nationals, the minimum stay is 3 nights and 4 days, with a maximum duration of 30 days. For international participants, the minimum stay is 10 days, with a maximum of 45 days.



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- 📍 : 1 Moo 5, Suthep, Mueang Chiang Mai
  - ☎ : 06-2216-8339
  - ✉ : wrp.vipassana@gmail.com
  - 📘 : Wat Ram Poeng (Tapotaram)
  - 🌐 : [www.watrampoeng.com](http://www.watrampoeng.com)





## The Baan Hom Samunphrai School

The Baan Hom Samunphrai School is internationally recognized for its expertise in Traditional Thai massage, Herbal Therapies, and Womblifting. Under the guidance of M.S.Homprang Chaleekanha, (Herbal Medicine Doctor), the center offers comprehensive programs in Thai Traditional Massage, Thai Therapeutic Massage, Herbal Therapies, Food as Medicine and Womblifting. Additionally, visitors can learn to prepare herbal remedies such as balms, shampoos and medicines along with Thai herbal compress balls, and traditional Thai salads and desserts. These practices, which have been passed down through generations, reflect the rich cultural heritage of local Thai traditional communities. Most of the classes are in English, and the students live at the school.



### Tips for MICE Travelers

- English-language courses are available.
- Homestay accommodations are provided on-site.
- Activities require advance reservations.

 : 93/2a Moo 12, Tawangtan, Saraphi, Chiang Mai

 : 0-5381-7362 (English & Thai)  
: 08-1885-1429 (Homprang Direct)

 : [baanhom@homprang.com](mailto:baanhom@homprang.com)

 : [www.homprang.com](http://www.homprang.com)



## Sippa Hot Spring Resort

Sippa Hot Spring Resort offers the ideal sanctuary for travelers seeking relaxation and wellness. Immerse yourself in the serene charm of the countryside, surrounded by natural landscapes. Enjoy premium hot spring baths and unwind in luxurious private soaking tubs. The resort also provides a healthy breakfast with vegetarian options. Each modern room is equipped with air conditioning, a private balcony or terrace, and complimentary Wi-Fi. Guests can also enjoy three outdoor swimming pools and indulge in rejuvenating massage services.

### Tips for MICE Travelers

- Conveniently located just 30 minutes from Chiang Mai city center.
- Rooms featuring private mineral baths for a relaxing experience.
- A peaceful environment to relax after meetings or events.

 : 50 Moo 8, Ban Sahakorn, Mae On District, Chiang Mai

 : 09-8295-2652

 : [info.sippahot.spring@gmail.com](mailto:info.sippahot.spring@gmail.com)

 : Sippa Hotspring Resort



## Onsen At Moncham

Onsen at Moncham offers a unique opportunity to experience the perfect fusion of traditional Japanese onsen culture and northern Thai heritage, located 1,200 meters above sea level. Surrounded by lush greenery and natural beauty, the resort provides a tranquil rural atmosphere. The property features 24 meticulously designed rooms and suites, onsen baths inspired by Land of Rising Sun, three dining establishments: a spa, a boutique gym, and a Japanese rock garden (Karesansui).

### Tips for MICE Travelers:

- Rejuvenate both body and mind with mineral-rich waters sourced from over 100 meters deep in onsen baths, available in both outdoor and indoor settings and separated by gender.
- Unwind with relaxing traditional Thai spa treatments.
- Enjoy exceptional dining at the award-winning on signature restaurant at Izakaya restaurant or Sake Lounge, offering stunning views and inspiring cuisine.

📍 : 293 Moo 2, Pongyaeng Sub-district,  
Mae Rim District, Chiang Mai

☎ : 0-5311-1606

📧 : Onsen@Moncham

✉ : reservation@onsenmoncham.com

📱 : Onsen At Moncham

🌐 : [www.onsenmoncham.com](http://www.onsenmoncham.com)





## Ontai Farm

Ontai Farm Community is a creative village that seamlessly combines cultural heritage, traditional lifestyles, and innovative thinking to enhance and create new value in tourism-related products and services. The community offers a range of activities that showcase its unique way of life, including traditional weaving, ceramics with distinct Sankamphaeng patterns, an organic farm, a coffee shop, and a restaurant serving locally sourced ingredients. In addition, Ontai Farm is home to both historical and natural attractions. As a designated Dark Sky Community, it features open spaces along the dam that are ideal for stargazing, allowing visitors to capture breathtaking images of celestial objects such as the Milky Way, constellations, and deep-space phenomena, including nebulae, galaxies, and star clusters.



### Tips for MICE Travelers

- Offsite seminar and workshop facilities, complemented by homestay accommodations and exclusive dining experiences at Ontai Chef Table, utilizing organic, locally sourced ingredients.
- Astronomy-focused educational programs centered around significant astronomical events, such as solar and lunar eclipses, planetary conjunctions, and meteor showers.
- Health-oriented tourism activities, including short nature walks from the village to Mae Pha-haen Reservoir, with an emphasis on raising awareness about light pollution among participants.

 : Moo 2 On Tai, San Kamphaeng District, Chiang Mai

 : 08-4914-7111

 : [ontaiciv@gmail.com](mailto:ontaiciv@gmail.com)

 : Ontai Farm






## Ban Rai Kong Khing Community

Ban Rai Kong Khing is a unique tourism destination in Chiang Mai dedicated to environmental preservation, ecological tourism, and sustainability. This community serves as a health-focused retreat, where visitors can explore the rich local wisdom that promotes physical and spiritual well-being. The Ban Rai Kong Khing Health Center provides comprehensive consultations and long-term therapeutic treatments based on traditional local knowledge. The community actively promotes the reuse of natural materials and encourages residents to engage in waste sorting, fostering a collaborative effort to safeguard the environment and improve both physical and mental health. In addition, the community produces a range of health products made from natural materials and chemical-free food for wellness.

### Tips for MICE Travelers

- Experience the traditional Lanna “Yam Khang” massage, an ancient healing practice for relaxation and rejuvenation.
- Enjoy a health-focused cycling tour through scenic natural trails surrounded by lush greenery.
- Stay in clean, safe, and comfortable homestay accommodations, available in various sizes for both group and private stays.
- Savor authentic northern Thai cuisine, crafted by local chefs using fresh, locally sourced ingredients, and explore health products made from community-grown herbs.

 : Ban Rai Kong Khing, Moo 3 Nong Khwai Sub-district, Hang Dong District, Chiang Mai

 : 06-1195-9551

 : [inthachai33@gmail.com](mailto:inthachai33@gmail.com)

 : ชมรมส่งเสริมการท่องเที่ยวโดยชุมชน บ้านไร่กองขิง





## Rarinjinda Wellness Spa Resort

Rarinjinda Wellness Spa Resort is a premier destination that seamlessly integrates advanced spa technologies with traditional Thai massage techniques and Thai herbal remedies. The resort is supported by a team of expert medical professionals offering personalized health and nutrition consultations. Guests can choose from a variety of programs tailored to their specific needs, whether for health restoration, recovery, or relaxation. Each program is carefully customized by our medical team to ensure it is suitable and beneficial for the individual.

### Tips for MICE Travelers

- Unwind in the tranquil ambiance of nature and experience the charm of a traditional Thai house, over 140 years old.
- Indulge in world-class, comprehensive spa services designed to promote health and well-being.
- Rejuvenate both body and mind through therapeutic hydrotherapy in a large warm water pool.

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 : Charoenraj Rd., Wat Ket Sub-district,  
Mueang District, Chiang Mai

 : 0-5324-7000

 : [sparsvn@rarinjinda.com](mailto:sparsvn@rarinjinda.com)

 : RarinJinda Wellness Spa and Resort

 : [www.rarinjinda.com](http://www.rarinjinda.com)



## Baan Jang Nak Museum of Elephant Wood Carvings

Baan Jang Nak is a unique living museum dedicated to the art of elephant wood carvings, a significant cultural symbol of Lanna heritage. The museum is curated by a group of skilled artisans known as “Sla” meaning “craftsmen” in the Northern Thai language. Upon entering, visitors are greeted by impressive wooden sculptures of Thai elephants and mammoths. Inside the museum, an extensive collection of wood carvings, both locally and internationally sourced, is displayed, alongside a workshop where artisans continue the tradition of passing down their expertise from generation to generation.



### Tips for MICE Travelers

- Purchase exquisite elephant wood carvings as memorable souvenirs.
- Classic elephant-headed walking sticks are also available for purchase.
- Witness the craftsmanship of skilled artisans as they carve elephants in real-time.

📍 : 56/1 Moo 2, Buakkang, San Kamphaeng, Chiang Mai

🕒 : Open Monday to Friday,  
from 08.00 a.m. - 05.00 p.m.

☎ : 08-6920-9599

📱 : Baan Jang Nak



## Senior Wellness Center CMU

Senior Wellness Center, Chiang Mai University (CMU) is a leading institution dedicated to promoting the health and well-being of the elderly, utilizing active ageing approach. Its mission is to create a model senior society based on the active ageing concept. The center offers a range of services aimed at enhancing the health of older adults, including health promotion programs such as Line Dance, Prevention Park, Hydrotherapy, and Adaptive Yoga. It also provides medical services, personalized consultations, wellness planning, and a variety of activities to promote senior wellness, such as international singing lessons and Qi Gong for health.

### Tips for MICE Travelers

- Book an initial health check-up program specifically tailored for sports-oriented MICE travelers.
- Gain access to expert knowledge on health and wellness management.
- Participate in group wellness activities designed to improve overall health.

📍 : 45 Charoen Prathet Rd.,  
Pa Daet Sub-district, Mueang District,  
Chiang Mai

🕒 : Open Daily from 08.00 a.m. - 08.00 p.m.

☎ : 0-5390-4915

✉ : swc-ouu@cmu.ac.th

📘 : Senior Wellness Center CMU

🌐 : [www.swc.cmu.ac.th](http://www.swc.cmu.ac.th)








## Wat Chedi Luang Varavihara (Meditation)

Wat Chedi Luang Varavihara, located in the heart of Chiang Mai, is one of the city's most historic and revered temples. As a significant cultural landmark, it is frequently visited by both locals and tourists for religious observance and admiration. In addition to its spiritual significance, the temple serves as an excellent venue for learning about the history and cultural heritage of Chiang Mai. It is particularly well-suited for educational visits, offering students and visitors the opportunity to explore the origins and architectural beauty of this ancient site. The temple houses the largest chedi (stupa) in Chiang Mai, and its four entrances are adorned with magnificent naga (serpent) sculptures that lead up to the main hall.



### Tips for MICE Travelers

- Participate in the Monk Chat program, where visitors can engage in insightful discussions with monks from Mahamakut Buddhist University, Lanna Campus. This provides a unique opportunity to learn about Buddhism, Lanna culture, and practice foreign languages with international students.
- Explore the remarkable Lanna architectural style and gain in-depth knowledge of the temple's historical significance.

 : 103 Phrapokklao Rd., Sri Phum Sub-district, Mueang District, Chiang Mai

 : 09-7195-4695

 : Wat Chedi Luang Chiang Mai



## Wat Phalad Sikitakamee (Meditation)

Wat Phalad, located within Doi Suthep-Pui National Park in Mueang District, Chiang Mai, is an ancient temple with a rich history spanning over 500 years. Established during the reign of King Kuena, it was originally constructed as a memorial to mark the location for the enshrinement of sacred relics. While it was once abandoned, the temple has since undergone restoration and now serves as both a meditation center and a place of worship.

The temple features a chedi in the style of Kruba Srivichai, along with a sacred spring believed to have been created by followers from the Sukhothai period, who assisted in the relocation of relics alongside King Kuena. Noteworthy elements include a cliff-side Buddha image, a contemporary-style vihara, Chiang Saen-style Buddha statues, and the revered Phra Lai Ka Buddha image, as well as the vihara dedicated to King Kuena.



### Tips for MICE Travelers

- Experience meditation and spiritual practice amidst a tranquil natural environment.
- Enjoy the peaceful ambiance and lush greenery while exploring the beautiful, sacred ancient architecture.
- Conveniently located on the route to Doi Suthep, approximately 5 kilometers from the Kruba Srivichai Monument.

📍 : Ban Huai Phalad, Siwichai Rd., Suthep Sub-district, Mueang District, Chiang Mai

🕒 : Open Daily from 06.00 a.m. - 06.00 p.m.

📱 : Wat Phalad



## Euang Kam Sai Authentic Northern Thai Cuisine

Located within the Chiang Mai Cultural Center, Euang Kam Sai offers an exquisite dining experience showcasing traditional Northern Thai cuisine. With a heritage spanning over 100 years, the restaurant preserves time-honored recipes passed down through generations. It blends authentic flavors with a commitment to sustainability, utilizing fresh, locally sourced ingredients from organic farmers in the region. The restaurant collaborates with local organizations to promote food sustainability, indigenous plant species, and maintain the distinct culinary traditions of Northern Thailand. Every dish is crafted to reflect the rich cultural legacy of Chiang Mai.

### Tips for MICE Travelers

- Experience authentic Northern Thai cuisine prepared from traditional recipes.
- Explore the historical significance of the venue and admire its 100-year-old Lanna-style wooden architecture.
- The restaurant can accommodate up to 50 guests for group events.

📍 : 185/3 Wua Lai Rd., Hai Ya Sub-district, Mueang District, Chiang Mai

🕒 : Open Tuesday - Sunday  
11.00 a.m. - 09.00 p.m. (Closed Monday)

☎ : 09-5145-0296

📘 : EuangKamSaiRestuarant

🌐 : [www.euangkamsai.com](http://www.euangkamsai.com)





## Thai Traditional Medicine Saraphi -Khua Mung

Located within the well-established framework of Saraphi Hospital, the Thai Traditional Medicine Saraphi-Khua Mung center offers a comprehensive range of services focused on the healing traditions of Thai medicine. This center provides expert diagnosis and treatment utilizing the time-honored principles of Thai traditional medicine, including personalized health consultations based on the elemental system (earth, water, wind, and fire). Additional services include rehabilitation, herbal compress therapy, and various other traditional treatments. The center also offers specialized care for postpartum recovery and foot care for diabetic patients using herbal foot baths. Lanna-style massage therapies, as well as training in traditional folk medicine, are available for those interested in learning more.

### Tips for MICE Travelers

- Effective solutions for alleviating office syndrome.
- Specialized massage treatments such as Yam Khang (foot reflexology) and Tok Sen (Lanna acupressure therapy).
- Purchase natural, high-quality herbal products for health maintenance.

- 📍 : 106 Moo 9, TTM Saraphi-Khua Mung, Saraphi District, Chiang Mai
- 🕒 : Monday - Friday from 08.00 a.m. - 04.00 p.m.  
(Closed on Sundays and public holidays)
- ☎ : 0-5310-3673 / 0-5332-1179 ext. 209







## Royal Project Teentok

Royal Project Teentok is a distinguished Thai restaurant known for its exceptional culinary offerings that prioritize health-conscious ingredients sourced directly from the Royal Project Development Center in Teentok. Located near Mae Kam Pong village, it is an ideal stop for visitors seeking refreshing seasonal fruit beverages, premium highland teas, and locally inspired dishes that seamlessly blend traditional Thai flavors with international influences. A highlight of the menu is the Rainbow Trout, a member of the salmon family, sustainably farmed in the highlands of the Royal Project Foundation, situated within the Doi Inthanon National Park.

### Tips for MICE Travelers

- Signature dishes include Grilled Rainbow Trout, Steamed Plum Trout, and Tom Yum.
- Signature Beverage: Passion Fruit Honey Drink.
- The stream behind the restaurant is home to indigenous fish species, such as the indigenous stone fish.

 : Ban Tharnthong, Moo 8, Huai Kaeo, Mae On District, Chiang Mai

 : Open Daily from 8.30 a.m. - 4.30 p.m.

 : 09-6604-1377

 : [teentok2556@gmail.com](mailto:teentok2556@gmail.com)

 : ร้านสวัสดิการ-ศูนย์พัฒนาโครงการหลวงตีนตก



Wellness and Bliss in

# Phitsanu Lok





# Mindful Lucky Days

In the heart of a vibrant city, where neon dreams and ancient whispers intertwine, spiritual well-being flows like an unseen river, guiding footsteps toward serendipity and good fortune.

## Eat Well

Eat well, nourishing your body as the earth nourishes the trees, with vibrant abundance and mindful care, for in every wholesome bite lies the foundation of strength, vitality, and lasting well-being.





## Balance

Thriving in the harmony of body and mind, where vitality flows, healing begins, and well-being is not merely the absence of illness, but the art of living well.



## Nature Bathing

Experience the rejuvenating embrace of nature as you immerse yourself in the lush tranquility of a rainforest, where gentle rains refresh the earth, cleanse the spirit, and awaken a profound sense of harmony with the natural world.

## Information Provided by

Centre of Excellence for Tourism Management Research, Naresuan University





# Wang Som Sa Community Enterprise

Wang Som Sa Community Village: Discover the Allure of Health Tourism by the Nan River Experience authentic health tourism at Wang Som Sa, a historic village along the serene Nan River, where community-base agriculture and wellness traditions thrive. This welcoming community provides a unique opportunity to explore the intersection of local culture, sustainable farming, and wellness. The experience is enriched by three key aspects of wellness tourism:

## 1. Immersive Organic Agriculture for Wellness

Explore and participate in organic farming at the Wang Som Sa orchard, a cherished local heritage that has been preserved by the community for future generations. Enjoy the fresh, unpolluted air as you wander through lush green cabbage fields grown in harmony with nature, free from chemicals. You will also have the opportunity to hand-pick fresh vegetables and create own farm-to-table healthy meal.



## 2. Natural Herbal Products

Experience the art of creating your own signature skincare products using extracts from local citrus fruit. Make fragrant soaps, nourishing lotions, and exfoliating creams designed to restore your skin's natural radiance. Learn about traditional herbal knowledge and how local plants are processed into wellness products that can be incorporated into your daily routine.

### 3. Relax and Rejuvenate at the Riverside Homestay

Experience tranquility at the inviting riverside homestay on the banks of the Nan River. Recharge with wholesome, locally sourced meals, including the signature “Steamed Cabbage with Lava Egg”, a dish to create lasting memories. Enjoy a leisurely evening bike ride through picturesque fields and engage in hands-on activities such as crafting a traditional model boat and creating a therapeutic Wang Som Sa citrus herbal compress to deeply relax your muscles.

#### Tips for MICE Travelers

- Discover health-focused travel routes, shop for One Tambon One Product (OTOP), sample nutritious food and beverages, and capture the serene riverside views.
- Please note that all activities require prior reservations.



📍 : 104, Tha Pho Sub-district,  
Mueang Phitsanulok District, Phitsanulok  
☎ : 08-9512-6198 (English & Thai)  
✉ : waranyazomza@gmail.com  
📘 : บ้านวังส้มซ่า



## Thap Yai Chiang Community Enterprise

Thap Yai Chiang Community Enterprise: Discover the enchanting world of Thai herbs at this health-focused tourism initiative transforms “ordinary, undervalued plants” into “valuable herbal medicines”. The community enterprise has established herbal farms and created sustainable income by processing locally grown herbs. Located in Thap Yai Chiang, Phitsanulok, the community offers an opportunity to explore and experience its commitment to preserving traditional wisdom, while learning about the holistic health benefits of herbs used in natural medicine.

### **Herb Cultivation and Herbal Learning Center**

Experience the abundance of turmeric, fingerroot, and wild ginger cultivated using local knowledge. The center offers a complete educational experience, showcasing the entire process from planting and harvesting to the production of high-quality herbal products.

## Herbal Products Made from Natural Ingredients

Explore herbal products created from natural raw materials, developed in collaboration with Sirindhorn College of Public Health. The center also serves as a research and development hub for herbal treatments targeting 12 different health conditions.

### Tips for MICE Travelers

- Explore the health tourism route at Thap Yai Chiang Community Enterprise.
- Reservations are required for all activities.

📍 : Yothathikan Rd., Phitsanulok 2027,  
Thap Yai Chiang Sub-district,  
Phrom Phiram District, Phitsanulok

☎ : 08-6209-0644 (English & Thai)

✉ : [ekkrit.j@scphpl.ac.th](mailto:ekkrit.j@scphpl.ac.th)



### Information Provided by

#### **Yutthapong Tongpob, Ph.D.**

Assistant to the President for Research and Innovation Development, Naresuan University

#### **Nuntika Prommee, Ph.D.**

Vice Dean for Research and Academic Services, Faculty of Public Health, Naresuan University

These academic partners have been instrumental in connecting local enterprises with valuable resources and providing expert consultation to enhance the quality and sustainability of traditional herbal practices in the region.







## Wat Sakat Namman

Participate in an alms offering with local residents at dawn, as the sun rises over a centuries-old sacred site, adorned with intricate murals. Nearby, explore the community enterprise of Ban Wang Som Sa, where you can engage in herbal garden tours, attend workshops on cosmetics and health-conscious cuisine, and savor the renowned “Som Sa Juice” (Seville Orange). Additionally, there is an opportunity to purchase premium skincare products and fresh organic produce.

### Tips for MICE Travelers

- Workshops available for groups of 5-10 participants.
- Recommended dishes “Steamed Cabbage with Egg” and “Lotus Leaf Wrapped Rice”.
- Be sure to try the signature Som Sa coffee and tea.

 : 104 Tha Pho, Mueang Phitsanulok District, Phitsanulok

 : 08-9512-6198



## Arsom Salao

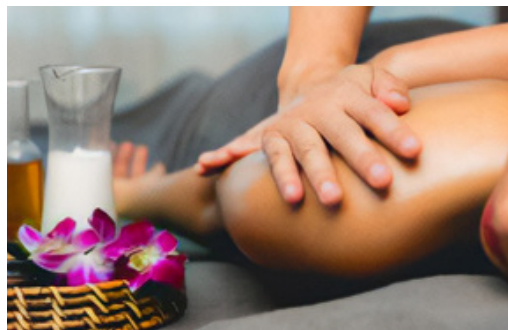
Unwind and relieve fatigue with a therapeutic herbal massage in Phitsanulok. This applied traditional Thai medicine center, operated by the Faculty of Public Health at Naresuan University, offers a range of services including acupressure massage, herbal steam baths, and personalized herbal treatments tailored to individual needs.

### Tips for MICE Travelers

- Two convenient branches visit the one nearest to you.
- Traditional Thai medicine experts available for consultation.
- Ideal for alleviating muscle pain and preventing common health issues.

 : Open Daily from 8.30 a.m. - 8.30 p.m.  
Advance reservations are recommended.

 Naresuan University Branch: 0-5596-7449  
Riverside (City Center) Branch: 0-5525-3011





## Tontan Restaurant

Tontan offers a distinctive dining experience with a fusion of traditional Thai and innovative cuisine, skillfully crafted using carefully selected ingredients and fresh, organic farm produce. The ambiance resembles a charming dinner gathering in a spacious home, surrounded by lush greenery and a warm, inviting atmosphere.

### Tips for MICE Travelers

- Private rooms available for small group events.
- Suitable for large gatherings, with capacity for 200-250 guests for meetings and banquets.
- Recommended Thai dishes “Crispy noodles with toppings” and “Miang Kham”.

 : 59 Phra Ruang Rd, Mueng, Phitsanulok

 : 0-5524-8778

 : [www.tontanrestaurant.com](http://www.tontanrestaurant.com)




## Ban Suan Petch Napat

In the gentle morning sunlight, experience the harvest your own organic produce in the gentle morning sunlight at this chemical-free farm. These chemical-free vegetables, along with a diverse array of “edible flowers”, offer a vibrant and sustainable experience. Engage in a Wellness Workshop, sample fresh salads, and explore a variety of health-focused culinary offerings.

### Tips for MICE Travelers

- Enjoy a hands-on experience harvesting fresh vegetables, complemented by homemade dressings.
- Organic vegetable cultivation courses available.
- Be sure to try the signature dish “Miang Flower”.

 : 111 Moo 7 Pak Thok, Muang Phitsanulok District, Phitsanulok

 : 08-3212-0033

 : [pensiri\\_p@cpf.co.th](mailto:pensiri_p@cpf.co.th)






## Treat Tea House

Inspired by a deep passion for tea, this café offers an exquisite selection of matcha, inviting guests to indulge in its refined flavors. The establishment also provides courses for both beginners and advanced learners, covering the essential steps of tea selection, aroma appreciation, and brewing techniques, all designed to harness the purity of tea leaves for holistic well-being.

### Tips for MICE Travelers

- Experience the meticulous process of tea brewing.
- Unwind with a refreshing cup of chilled matcha.
- Specializing in the art of Chinese tea.

 : 24 Surasri Rd., Muang Phitsanulok District, Phitsanulok

 : Open Daily from 07.30 a.m. - 05.00 p.m.

 : 06-1461-8781

 : Treat Tea House



## The Great Wibool House

A boutique dining experience where each dish is meticulously crafted with precision and balance. The chef transforms locally sourced ingredients -such as heritage rice from Wang Thong District and fresh fish from Nan River-into visually stunning presentations that highlight both natural beauty and authentic flavors, creating an unforgettable farm-to-table experience for guests

### Tips for MICE Travelers

- Perfect for those seeking a Chef's Table-style dining experience.
- Ideal for small groups or family gatherings.
- Enjoy vibrant and bold flavors, especially during the summer season.

 : Si Visutaram, Phitsanulok

 : thegreatwiboolhouse

 : The Great Wibool House







## Phra Buddha Chinnarat

A renowned work of art crafted with profound faith, the Phra Buddha Chinnarat (meaning “Buddha of the Victorious King”) is considered one of the most beautiful Buddha statues in Thailand. Cast in bronze, it is enshrined at Wat Phra Sri Rattana Mahathat, commonly known as “Wat Yai” and has been a symbol of Phitsanulok since the Sukhothai era. Nearby, visitors can also admire the beauty of Wat Nang Phaya and Wat Ratchaburana, a revered temple that attracts many for its picturesque surroundings.

- Discover the rich history of the old town through a walking tour.
- Attend the evening prayer session at the Phra Buddha Chinnarat Hall, held at 05.30 p.m.
- Explore local herbal product shops for unique souvenirs.



: Wat Phra Si Rattana Mahathat  
Woramahawihan Phutthabucha Alley,  
Nai Mueang, Mueang Phitsanulok  
District, Phitsanulok



: Open Daily from 05.00 a.m. - 07.00 p.m.



: 0-5525-8966




## Municipality Market (The Talad Tai)

Begin your day with a peaceful stroll through Phitsanulok's historic market district, a long-established cultural hub. The lively atmosphere thrives from early morning until late morning. Indulge in healthy stews at Goh Soup House, offering traditional Singaporean herbal soups (Botan House), and savor dim sum at Soon Ha Huat. Nearby, visit the Tam Tim Shrine, Tiger God Shrine, Phung Tao Kong Shrine, and explore the local Chinese community, where cultural heritage is seamlessly intertwined.

### Tips for MICE Travelers

- Discover the creative space within the historic district.
- Take a walk to admire the architectural heritage, clock tower, and railway station.
- Visit the Tiger God Shrine for blessings and success in your professional endeavors.

 : Municipality Market 1 (South Market)  
Baromtrilokanart Rd, Nai Mueang,  
Mueang Phitsanulok District, Phitsanulok

 : 06-6164-9939





# Our Handpicked Route “Phitsanulok”

## Route No.

# 1

### Herbal City

“Experience fragrant herbs in a community nestled along the Nan River, where nature and Buddhist traditions harmoniously blend.”

#### Morning Session

- Wat Sakat Namman
- Wang Som Sa Community Enterprise

#### Afternoon Session

- Arsom Salao

#### Evening Session

- Bann Tontan Restaurant

## Route No.

# 2

### The Culinary Art City

“A captivating display of organic vegetable gardens and a diverse selection of teas, with cuisine crafted as a form of healing art.”

#### Morning Session

- Ban Suan Petch Napatra Harvesting Organic Vegetables

#### Afternoon Session

- Treat Tea House

#### Evening Session

- The Great Wibool House

## Route No.

# 3

### Experience the Lifestyle of the Historic City

“The streets of Phitsanulok’s historic city center nourish visitors through centuries-old temples offering spiritual renewal and traditional markets.”

#### Morning Session

- Municipality Market (The Talad Tai)
- Goh Soup House
- Chao Mae Thapthim Shrine

#### Afternoon Session

- Phra Buddha Chinnarat

#### Evening Session

- Khaotom Paknang Since 1960

Embark Upon  
a Wellness  
Journey in

Sukho  
thai







# Mindfulness

## Immersed in divine merit

Across cultures and religious traditions, accumulating merit through good deeds, meditation, charity, or sacred rituals is believed to elevate the soul. But beyond its spiritual significance, this practice profoundly impacts human well-being on multiple levels-psychologically, emotionally, and socially.

### **Emotional and Spiritual Wellness @ Sukhothai - UCCN for CRAFT and FOLK ART**

In the heart of a creative city, where art breathes and culture thrives, the soul finds harmony and the heart awakens to the rhythm of inspiration-an odyssey of emotional and spiritual wellness unfolds.

### **Creative Workshop around Sukhothai**

A creative workshop is more than just an artistic escape-it's a journey toward wellness. Through hands-on expression, mindfulness, and social connection, creativity reduces stress, enhances emotional balance, and fosters a sense of fulfillment. Immerse yourself in the art of well-being!

### **Be Well**

A trial of sinew and spirit, where muscle meets endurance, and the body dares to defy its own limits

### **Well Style**

A well style is mindful harmony of nature, culture and compassion, fostering balance, social connection and inner peace.

### **Well Stay**

A serene sojourn in Sukhothai, where history whispers through ancient ruins and tranquility lingers in the golden embrace of dawn.





## PIPIT

PIPIT is a fashion brand that seamlessly blends traditional Thai textiles with modern streetwear aesthetics, creating a unique “Street Look Fashion” style. Designed to appeal to contemporary youth and fashion-forward individuals, PIPIT offers a fresh take on Thai fabric fashion with a focus on trend-driven designs.

- 📍 : Adjacent to Usertythai Coffee Shop,  
354 Tha Chai Sub-district,  
Si Satchanalai District, Sukhothai Province
- 🕒 : 09.00 a.m. - 04.00 p.m.  
(Closed on Wednesdays)
- ☎ : 06-1773-9933



## Supansa

Sukhothai Handwoven Fabric Boutique. This boutique showcases distinctive, handcrafted Sukhothai fabrics, offering a range of unique designs. In addition to apparel, it features an array of Thai fabric products, including bags and hats, making them ideal for purchasing as memorable souvenirs.

### Tips for MICE Travelers

- Group and small-group workshops available
- Perfect for purchasing authentic Thai-patterned fabric souvenirs
- Recommended Sangkhalok-patterned trousers, a local specialty.

- 
- 📍 : Rungruangrit Homestay 100 Moo 10  
Ban Tuek, Si Satchanalai, Sukhothai
  - ☎ : 08-7314-7433





## Baan Mayura Thai Desserts and Organic Tea

Baan Mayura is a delightful destination for those seeking exquisite Thai desserts, thoughtfully crafted to align with contemporary health trends. The desserts boast elegant textures and subtle flavors, with recipes passed down through generations. Paired with the signature Suan Sawankhalok Tea, each sip offers a refreshing experience, reminiscent of strolling through a fragrant garden in full bloom.

### Tips for MICE Travelers

- A charming café with photogenic corners ideal for capturing memories
- Rare traditional Thai desserts that are not easily found elsewhere
- All tableware is elegantly crafted from authentic Sangkhalok pottery

📍 : 146/4 Pracharat Rd., Mueang Sawankhalok, Sawankhalok District, Sukhothai

🕒 : Open Daily from 11.00 a.m. - 06.00 p.m.  
(Closed on Wednesdays)

☎ : 08-1253-7733

📘 : Baan Mayura



## Baan Phra Phim (Amulet Learning Center)

Baan Phra Phim provides a captivating exploration of the art of ancient amulets, showcasing exquisite and mystical pieces from different historical eras. The center also offers hands-on workshops, where participants can create authentic clay amulets, providing a deeper connection to the cultural heritage of Sukhothai.

### Tips for MICE Travelers

- Amulet creation workshops available for groups of 5-10 participants
- Experience the traditional art of ancient archery
- Engage in mindfulness practices through flower arrangement and drawing classes

📍 : Mueang Kao, Mueang Sukhothai District, Sukhothai

☎ : 08-9643-6219

📘 : banpraphim

📷 : banpraphim





## Organic Agriculture Project at Sukhothai Airport

Step away from the corporate environment and immerse yourself in the rural tranquility of Sukhothai's renowned rice-growing region. Experience the local agricultural lifestyle by donning a traditional Mhor Hom shirt and taking a comfortable ride on a traditional E-Taen cart, enjoying the scenic views of buffalo herds and visiting a brown rice mill. Engage in hands-on activities such as collecting eggs from duck coops and exploring organic vegetable farms. This project offers a unique opportunity to learn about the sustainable practices and simple way of life of the Sukhothai community, complemented by a variety of interactive experiences.



### Tips for MICE Travelers

- Inquire with your hotel about shuttle service availability
- Activities are organized into educational stations for a comprehensive learning experience
- Outdoor classrooms available for half-day or full-day sessions

📍 : Sukhothai Airport, Sawankhalok, Sukhothai

🕒 : Open Daily from 08.00 a.m. - 06.00 p.m.

☎ : 05-5613-0756 / 0-5564-7290 / 08-6202-3757

✉ : [sukho.organicrice@gmail.com](mailto:sukho.organicrice@gmail.com)

📘 : โครงการเกษตรอินทรีย์และครัวสุโข  
สนามบินสุโขทัย Organic Agriculture Project





# Meekhiew Farm Organic Agriculture Learning Center

Meekhiew Farm, established with a deep passion for organic farming, hosts a wellness market on the first Saturday of every month. This vibrant green space features a variety of organic vegetables, herbs, traditional Thai massage services, and “From Farm to Table” dining experiences, alongside agricultural tourism activities. The center provides a holistic approach to wellness and sustainable living, offering an ideal setting for both relaxation and education on eco-friendly practices.



## Tips for MICE Travelers

- Conveniently located just a short distance from Sukhothai city
- Group workshops available upon request
- Additional services offered, including traditional Thai massage

📍 : Si Samrong, Sukhothai

☎ : 09-8757-5406

✉ : s\_kittiphong@hotmail.com

📘 : Meekhiew



## Krua Sukho

Krua Sukho presents a unique dining experience featuring fresh, organic vegetables sourced directly from the agricultural fields at Sukhothai Airport. Guests can indulge in a variety of healthy and flavorful dishes, such as Spicy Fish Salad, Stir-fried Chicken with Lotus Stem and Basil, Som Tum with Watercress Vegetables, and Fried Fragrant Rice. Complement your meal with refreshing beverages like Wheatgrass Juice and Wheatgrass Ice Cream, all made from organic wheatgrass, offering a delicate, natural fragrance and taste.

### Tips for MICE Travelers

- Enjoy a scenic and relaxing open-air dining experience with group seating
- Conveniently located at Sukhothai Airport, operated by Bangkok Airways
- Health-focused menu, emphasizing fresh, organic ingredients

📍 : 99/1-3, Moo 2, Klong Krajong,  
Sawanakhok District, Sukhothai

🕒 : Open Daily from 08.00 a.m. - 05.00 p.m.

📧 : [sukhofarmth](mailto:sukhofarmth)



## Ganesha Sangkhalok Sukhothai

Ganesha Sangkhalok Sukhothai offers an exceptional collection of uniquely crafted, colorful Sangkhalok pottery. Each piece is meticulously hand-shaped and hand-painted by the owner, showcasing traditional craftsmanship. The establishment welcomes MICE travelers to participate in engaging DIY workshops, allowing guests to create their own personalized Sangkhalok pottery, providing a memorable and artistic experience.

### Tips for MICE Travelers

- Workshops available for both large and small groups
- Opportunity to cultivate mindfulness through the art of pottery shaping and painting
- Ideal for devotees of Lord Ganesha, with specialized designs celebrating this revered deity Ganesha Sangkhalok Sukhothai

📍 : 227/3 Moo 3 Tambon, Mueangkao,  
Mueang Sukhothai

☎ : 08-9999-4402 / 08-3872-0175

✉ : [Ganesha5269@gmail.com](mailto:Ganesha5269@gmail.com)

📱 : [Ganesha Sangkhalok Sukhothai](#)





## Ban Thung Luang Pottery

Ban Thung Luang Pottery has been a cornerstone of the community for centuries, with over 200 families dedicated to the craft of Sangkhalok pottery. This longstanding tradition has earned the region worldwide recognition. Visitors will be immersed in the artistry of handmade ceramics and can participate in memorable workshops that bring the age-old craft to life.

### Tips for MICE Travelers

- Coordinate with the community in advance for group visits.
- Pottery workshops available for both large and small groups.
- Take a stroll through the village, enjoy the ambiance of an old-fashioned coffee shop, and savor traditional clay pot rice.

📍 : Thung Luang Sub-district, Khiri Mat, Sukhothai

☎ : 09-8498-6979

📌 : เครื่องปั้นดินเผาบ้านทุ่งหลวง & โฮมสเตย์  
บ้านทุ่งหลวง Sukhothai





## Suntree Thai Weaving Center

“Pa Teen Jok” is a heritage textile technique passed down through generations of the Tai Phuan community, who migrated from Laos to settle in Si Satchanalai District, Sukhothai nearly 200 years ago. The intricate weaving style reflects not only artistic mastery but also the deep-rooted cultural identity of the Tai Phuan people.

Suntree Thai Weaving Center was founded by a group of housewives in Hat Siao Subdistrict, with a mission to preserve and pass on their community's traditional knowledge. Located within an elegant and authentic Tai Phuan house, the center offers visitors a unique cultural immersion into the art of weaving, crafting, and storytelling.

The center continues to safeguard these rare techniques such as weaving with porcupine quills to create meaningful patterns like the quail, the bird, and the fish, alongside classic motifs like Si-Khor and Nam-Ang.



### Tips for MICE Travelers

- The center can accommodate groups of up to 20 participants for hands-on fabric weaving workshop such as weaving your own cloth using ancient patterns and tools and creating eco-friendly keychains or earrings using leftover fabrics
- Participate in a Tai Phuan cultural immersion tour which you can learn about the community's history, lifestyle, traditions and enjoy a local meal and storytelling session hosted inside the beautiful Tai Phuan house
- Shop for exquisite handwoven items, many of which have received the OTOP Product Champion award.

- 📍 : 329 Moo 9, Nong O Subdistrict,  
Si Satchanalai District, Sukhothai
- 🕒 : Open Daily from 08.00 a.m. - 05.00 p.m.
- ☎ : 08-9858-8576
- 📷 : SUNTRE3
- ✉ : raveewan.khanadnid@gmail.com
- 📘 : suntree-thai.com
- 🌐 : [www.suntreestyle.com](http://www.suntreestyle.com)





# Moments of Mindful Escape “Sukhothai”

## Route No.

# 1

### Suntaree Si Satchanalai

“The intricate craftsmanship of the ancient Siamese capital captivates with its beautiful identity, set amidst the timeless ruins of historical landmarks.”

#### Morning Session

- Supansa
- PIPIT

#### Afternoon Session

- Baan Mayura Thai Desert and Organic Tea
- Amulet Learning Center



## Route No.

# 2

### The Organic Farming City

“Thailand’s organic city, providing fresh, sustainable produce to restaurants and eco-friendly products that harmonize with nature.”

#### Morning Session

- Organic Agriculture Project Sukhothai Airport

#### Afternoon Session

- Krua Sukho
- Ganesha Sangkhalok Sukhothai



## Route No.

# 3

### Crafting the Body and Mind

“An enriching experience in ancient pottery craftsmanship, offering a timeless art form that promotes healing and well-being”

#### Morning Session

- Ban Thung Luang Pottery

#### Afternoon Session

- Treasure Farm







Thailand Convention and Exhibition Bureau (Public Organization)

Siam Piwat Tower Building, 25<sup>th</sup> & 26<sup>th</sup> Floor, 989 Rama 1 Road, Pathumwan, Bangkok 10330, Thailand

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