



PACIFIC DELIGHT TOURS

Center for Soulful Living Sacred Sites Tour January 28th to February 10th 2009

01 Date Itinerary
Wed USA/Bangkok
Jan 28 Crossing the International Date Line you will lose one calendar day.

02 Thu Arrive Bangkok
Jan 29 Upon arrival, you are met and escorted to the hotel –
Menam Riverside Hotel (deluxe room)



03 Fri Bangkok AB
Jan 30 A visit to the **Royal Grand Palace**, the nation's landmark and most praised royal monument in Thailand is a must. This is the perfect introduction to Thailand, the Buddhist faith, regal splendour and tradition. Though no longer the royal residence, it remains, the symbol of the kingdom.
Your guest will visit the key attractions around the Grand Palace including **Wat Phra Kaew Temple of the Emerald Buddha, Royal Pantheon, Coronation Throne Hall, Royal Reception Hall, and Royal Funeral Hall.**
Evening: Group meeting with Bill in the hotel.

04 Sat Bangkok AB
Jan 31 This morning's tour takes you to the 3 most distinguished temples in Bangkok:
Wat Trimit, the temple of the Golden Buddha - the statue of Buddha is made from solid gold weighting 5.5 tons;
Wat Pho, the temple of the Reclining Buddha - the largest and oldest in Bangkok
Wat Benchamabopit - the marble temple.

05 Sun Bangkok to Ayutthaya/Pitsanuloke AB L D β
Feb 01 A motor coach takes you on a short and scenic trip hundreds of years back into Thailand's history. Visit the former **Summer Palace of the Rama Kings at Bang-Pa-In**, then on to the ruins of ancient **Ayutthaya**, a UNESCO World Heritage Site, glorious ancient capital of the Thais. Ayutthaya awes even the most well-traveled with **Wat Mahathat**, generally considered one of the most beautiful, serene **Phanan Choeng** by the water, and **Wat Yai Chaimongkol**. On to **Lopburi** to see **Prang Sam Yod** and **Phra Kan shrine** and then proceed to **Pitsanuloke** for dinner and overnight.
Amarin Lagoon Hotel (Superior room)



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- 06 Mon Pitsanuloke/Sukhothai/Chiang Mai AB L β
Feb 02 Visit **Wat Mahathat** with its revered statue of the Buddha. Drive on to the magnificent ruins of palaces and temples in Thailand's first capital, the legendary **Sukhothai**, a UNESCO World Heritage Site.
Then on to historic **Sri Satchanalai**, and continue to **Chiang Mai**
Evening: Group meeting with Bill
Hotel accommodation – Chiang Mai Plaza Hotel (Deluxe room)
- 07 Tue Chiang Mai AB L DS
Feb 03 Morning – free at leisure.
Afternoon visit ornate temples, the ancient city wall and the hilltop shrine of **Doi Suthep**.
Tonight we treat you to a dinner of northern Kantoke cuisine And a charming cultural show by graceful hill tribe performers.
- Optional tour –
Alms giving at Wat Sri Soda with roundtrip transfers – \$24.00 net per person
- 08 Wed Chiang Mai AB L
Feb 04 Today is highlighted by a trip to the **National Elephant Institute** (a Royal Project), where we can mount the elephants' backs.
Visit a fragrant **orchid plantation** and enjoy lunch.
Drive to a **Meo hill tribe village** where we experience a Meo cultural performance.
Evening: Group meeting with Bill
- Optional tour –
Meeting with monks at MCU (Monk chat) 5-7 pm.
The additional cost is based on number of participants.
- 09 Thu Chiang Mai/Chiang Rai AB D β
Feb 05 Breakfast at the hotel.
Drive to **Chiang Rai** (approximately 4 hours) and check into your hotel.
This afternoon visit the fortified city of **Chiang Saen**, former capital of the first Thai Lanna Kingdom
Evening: Group meeting with Bill
Hotel accommodation – Wiang Inn Hotel
- 10 Fri Chiang Rai/ Golden Triangle AB L D
Feb 06 Board a longboat for a **cruise to the Golden Triangle**, the fabled region where the borders of Thailand, Laos and Myanmar (Burma) converge. Formerly notorious for raising the area's opium poppy crop, the Golden Triangle is now a showcase of lush fruit orchards and coffee plantations sponsored by the Crown of Thailand.
Continue on to the border trading town of *Mae Sai*, visit a **local market** and a **jade-cutting factory**
- 11 Sat Chiang Rai/Siem Reap (via Bangkok) AB ω
Feb 07 Visit the **Doi Tung Development** project where traditional northern handicrafts are showcased.
This afternoon **fly to Bangkok** and connect to your **flight to Cambodia**. You are met by your local guide and escorted to your hotel – Sokha Angkor Resort & Spa
- 12 Sun Siem Reap AB
Feb 08 Visit the fortified city of **ANGKOR THOM** covers an area of 10 square km. Enclosed by a wall and wide moats, the city includes many of Angkor's most popular sights.
Enter by the monumental **SOUTH GATE** over a causeway lined on either side by



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statues of demons and gods, each carrying a giant naga.


Continue to the **TERRACE OF THE ELEPHANTS** and the **TERRACE OF THE LEPER KINGS**, former spaces for public ceremonies, both adorned with dramatic bas reliefs. Visit the ruined **BAPHUON**, **ROYAL ENCLOSURE** and **PHIMEANAKAS** before continuing to the mysterious **BAYON TEMPLE**. In this temple, one of the most popular and compelling in Angkor, explore the galleries of beautifully preserved bas reliefs and ascend narrow stairs to reach the central sanctuary, where you will find giant stone faces smiling enigmatically down at you from every angle.

TA PROHM: one of the most popular attractions of Angkor as much of the jungle has not been cleared and it looks very much as most of the Angkor monuments would have appeared when European explorers first stumbled across them. Visit **TA KEO**: built by Jayavarman V who ruled from 968 to 1001), it was the first Angkorian monument built entirely of sandstone and was dedicated to Shiva. The summit of the central tower is 50 meters high and is surrounded by four lower towers.

ANGKOR WAT: The crowning jewel of Khmer architecture, **ANGKOR WAT** is the national symbol and the highlight of any visit to Cambodia. The largest, best preserved, and most religiously significant of the Angkor temples, Angkor impresses visitors both by its sheer scale and beautifully proportioned layout, as well as the delicate artistry of its carvings. To approach the temple, first cross the vast moat, continuing along a broad causeway lined with naga balustrades. As you enter the main building, ascend through a series of galleries and courtyard before reaching the central sanctuary, which offers beautiful views back over the causeway and across the surrounding countryside. On the way, stop to enjoy the intricate stonecarvings that adorn nearly every surface, with some 1,700 Apsaras, or celestial dancers, sculpted into the walls. Along the outer gallery walls run the longest continuous bas-relief in the world, which narrates stories from Hindu mythology, including the famous Churning of the Ocean of Milk. Angkor Wat is stunning at any time of the day, but sunrise and sunset are especially beautiful times to watch the play of light on the stones.

Watch the sun set over the Cambodian countryside from the upper terraces of an ancient Angkorian temple.

Evening: Meeting with Bill

- 13 Mon **Siem Reap/ Bangkok** AB 
Feb 09 Transfer to the airport for your **flight to Bangkok**.
Arrive Bangkok, transferred & over night at Menam Riverside Hotel (Deluxe room)
Evening: Final meeting with Bill
- 14 Tue **Bangkok/USA** AB
Feb 10 **Fly Homeward** on United Airlines.

Meal Code: AB = American Breakfast
L = Lunch
D = Dinner
DS = Dinner Show