

Contents

Welcome	3
Introduction	10
History and Culture	12
History	12
Geography	14
The People and Hilltribes	14
Northern Culture	18
Religion	20
Northern Economy	22
Thai Values	22
Wat and Village Visit Etiquette	23
Hilltribe Culture and Etiquette	23
Day Itineraries	
Getting There By Train	26
Day 1 : Getting Acquainted	27
Day 2 : Handicrafts and Hill Adventures	33
Pick And Choose	
A.M. Itineraries	
1. Inner City Market Walk	40
2. Temples on Trishaws	41
3. Temples Farther Away	45
Monks Approach to Chat	46
4. Dawn on Doi Suthep	48
P.M. Itineraries	
1. Nature Walk	50
2. Ancient Arts	50
3. Massage Lessons	51

4. Up the Ping River	51
5. Elephants and Bamboo Rafts	52
6. Mae Sa Valley	54
7. Lamphun by the Old Road	56
Motorcycle Jaunts	58
8. Along the Ping	59
9. Back Country Dirt Biking	60
10. Back of Chiang Dao Mountain	63
Caution For Motorcyclists	63
11. Chiang Rai	64
12. Mae Hong Son	66
Day Trips	
1. Hilltribe Treks	69
2. Golden Triangle by Water	71
3. River Runs	74
4. Kok Float	75
5. Mae Hong Son	75
15 Spots For Perfect Postcard Shots	76
Dining Experiences	
Eating Out	78
A Taste of Thailand	78
Desserts	79
Northern Cuisine	80
Drinks	81
Restaurants	81
Nightlife	88
Shopping	92
Calendar Of Special Events	98

What To Know

Travel Essentials	100
Getting Acquainted	103
Getting Around	105
Where To Stay	109
Business Hours	111
Public Holidays	111
Health And Emergencies	112
Police Emergencies	113
Communications	114
Sports	116
Special Information	119
Antiques-Export Permits	123
Useful Addresses and Telephone Numbers	123
Further Reading	125

Maps

Thailand	2
Day 1, A.M. Itineraries 2,3	28 / 29
Day 2	34
P.M. Itinerary 6	54
P.M. Itinerary 7	56
P.M. Itinerary 8	59
P.M. Itineraries 5,9 & 10, incorporating Day Trips 2 & 5	60 / 61
P.M. Itinerary 11	64
P.M. Itinerary 12	66
North Thailand	132