




CHIANG MAI

What to SEE 👁️ and DO

- Wat Phrathat Doi Suthep (temple on the mountain, go up right before sunset to see those views 🌅)
- Elephant Nature Park 🐘
- Doi Inthanon National Park (highest mountain in Thailand)
- Bua Tong Sticky Waterfall (can climb up the limestone on the waterfall!)
- Maya Mall (if you feel like shopping or going to the movies here, also cool just to see, there's a food court too)
- Sunday Night Walking Street Market (in Old City, starts at Tha Pae Gate down to Ratchadamnoen Road from 4pm-midnight. So much food, so many things to buy)
- Lantern Festival (Loy Krathong/Yi Peng) (go to the bridge on Mae Ping River)
- Wat Phra Singh (temple)
- Wat Chedi Luang (temple)
- Wat Phra That Doi Kham (temple)
- Take a cooking class! 👩🍳 (you'll see advertisements for them if you walk around the Old City)(I went to [Sammy's Thai Cooking School](#), he's very sweet and toured us around his local market too)
- Warorot Market ตลาดวโรรส (Kad Luang)(inside/outside market)
- Mueang Mai Market (right near Warorot Market, lots of fresh foods)

- JingJai Market Chiang Mai (more crafty, organic things and foods.
Best to go on weekend)
- Huay Tung Tao Lake (lounge in little huts on the lake)
- Tour Chiang Mai University (tours are 60 baht)

What/Where to EAT

- Goodsouls Kitchen (plz get a mango smoothie and pancakes and send me a pic)
- Sunday Night Walking Street Market  (outdoor market)
- Freebird Cafe (order the Shan salad and Shan yellow noodles)
- Khao Soi  (Northern thai curry noodle soup)
- Base Camp (pretty good smoothies)
- Street food at Suthep Road (at the back of Chiang Mai uni, say Suthep soi jed or lang mo & go at night when all the vendors are out ~6pm)
- By Hand Pizza Cafe 
- Ginger Farm Kitchen at ONE NIMMAN
- The River Market Restaurant (33 12 Charoen Prathet Rd, ตำบล ช้างคลาน อำเภอ เมืองเชียงใหม่ Chiang Mai 50100, Thailand)
- Bodhi Tree Cafe (The lady who owns it is so cute and offers cooking classes too. 11 Rachadamnoen Rd Soi 5, Tambon Si Phum, Mueang Chiang Mai District, Chiang Mai 50100, Thailand)
- Cat House Restaurant (11 Rachadamnoen Rd Soi 5, Tambon Si Phum, Mueang Chiang Mai District, Chiang Mai 50100, Thailand)(don't let the name fool you, there's only like 1 cat haha)

Where to GO OUT


- North Gate Jazz Co-op (91 1-2 Sri Poom Rd, ตำบล ศรีภูมิ อำเภอ เมืองเชียงใหม่ Chiang Mai 50200, Thailand)
- Warm Up Cafe (40 ถนน นิมมานเหมินท์ ตำบล สุเทพ อำเภอ เมืองเชียงใหม่ Chiang Mai 50200, Thailand)
- Chiang Mai Cabaret (located inside Anusarn market)
- Roots Rock Reggae 🎵 (the reggae band “Croissant” is pretty good lol)(there are other bars that a lot of tourists go to around here like Zoe & Yellow)

Where to RELAX

- Fah Lanna Spa (there are 2 locations, 57 57/1 Wiang Kaew Rd, Si Phum Sub-district, Mueang Chiang Mai District, Chang Wat Chiang Mai 50200, Thailand (this is the fancy one))
- Women's Massage Center By Ex-Prisoner (sounds sus, but isn't! You get a good deal 🎁)
- Chic Nail 🛠️ (in the old city)

General Things to know 🧐

- For temples:
 - your knees and shoulders should always be covered, otherwise you won't get let in/will have to wear a long skirt to cover up

- Especially in Bangkok they are stricter at the Grand Palace and will make men put on pants or a skirt if they are wearing shorts
 - You're going to have to take your shoes off when you go into temples, so maybe wear slides 
- Don't point at things with your toes, it's considered really offensive
- Always have cash on you!
- **Don't drink the tap water**
- Tipping culture is not really a thing (unless you get a massage or something)
- You can generally only buy alcohol from stores between: 11am - 2pm and 5pm to midnight.
- The Thai National Anthem plays at 8AM and 6PM everyday (if you're in a market you should standstill until its over)
 - The royal anthem for the King also plays before every movie in the theatre and you should also stand for it
- It's basically illegal to talk badly about the King - so generally don't ask people about him
- Thailand is also under a military coup - again, people don't outwardly express their political opinions like we do in the states so be mindful

How to GET AROUND:

- Red truck (Rod Daeng/Songthaew)(usually 30 baht/person, but they will probably rip you off if you're a tourist)
- GRAB app (like Uber, can fit up to 4 people for a fixed price, there are always coupon codes around)

BANGKOK

What to SEE 👁️ and DO

- Chatuchak Weekend Market (the BIGGEST market)
- Grand Palace (very close to Wat Pho)
- Wat Pho (reclining Buddha)
- Yaowarat Road (Chinatown)
- Wat Arun (can take ferry on the Chao Phrya river or hire a long boat)
- Bangkok Arts and Culture Center (BACC) (it's free and usually has cool installations/exhibits)
- Floating River Markets (they are all more or less the same, Damnoen Saduak is well known)

Where to GO OUT 🧑🏻 🧑🏻

- Khao San Road (a bit trashy, but the touristy place to go)

PAI

What to SEE 👁️ and DO

- Go on a tour (we bargained tour price to about 400 baht/person. You'll go to rice fields, land split, big white buddha, Pai canyon (so pretty),

waterfalls, etc) (I went with this guy called Kampun he was very funny - tell me if you want his contact)

- It's a pretty small area to explore by foot so just walk around and look at the little shops and street food
- ***FYI: you might get car sick from all the turns its like 762 turns, so don't eat a big meal before 🤢

PHUKET

What to SEE 👁️ and DO

- PaTong Beach
- Literally just go lay on the beach

Where to GO OUT 🧑🏻🕺 🧑🏻🕺

- Most of the bars/clubs are on or near Patong beach

CHIANG RAI

What to SEE 👁️ and DO

- Wat Rong Khun (White Temple) (must see!!)
- Hall of Opium Museum

- Mae Hong Son (this town borders Burma and you could cross into Myanmar for an afternoon or the day and go back into Thailand - its really simple just make sure they do all the proper stamps on your passport lol. There's alot of tours being offered as soon as you cross the border)
- 101 Tea Plantation (former poppy fields turned into tea plantation. You can do tea tastings and the view is reaaaaaally beautiful)
- Go to the Golden Triangle look out point (can also do a boat tour in the river)
- Longneck/Hill tribe peoples tour (can pay a little \$ to go tour their villages and see all the handmade goods they make/see how they live in general)