

SAMPLE ITINERARY: THAILAND 101

This page will give you an idea of what a typical version of this program looks like. Weather, holidays, and any number of other factors can affect your itinerary, so you should think of this itinerary as a sample more than a plan. The order of the two weeks may vary. Your time in Chiang Mai will consist of full days of cultural and adventure activities, while at the elephant sanctuary your chores will help with the daily running of ENP.

Sunday: Arrive, welcome talk and safety orientation, Sunday street market for dinner and exploring.

Monday – Friday of Chiang Mai week: Breakfast will be at home, with departure around 8:30am. There will be lunch while out and about. We will return home between 5pm and 6pm for a short break, and then go to dinner and evening activities. Your days will be long and action-packed so get a good night sleep and always remember to carry water with you.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day	City tour, temple visit, canoeing (weather permitting), tropical fruit tasting	Visit craft village to learn Thai paper-making, explore Chiang Dao caves	Ziplining	Cooking School	Whitewater rafting, hot springs	Hike through rice paddies	Visit Doi Suthep, swim in waterfalls
Evening	Movie Night	Thai Language Lesson	Meditation	Night Bazaar	Camping at the hot springs	Night Bazaar	Sunday Market

Friday-Saturday of Chiang Mai week: After whitewater rafting the group will head to the hot springs to spend the night camping. You'll pack a bag to spend the night under the stars, playing cards with your friends and relaxing in the springs. On the way up to the hot springs, you'll likely stop at a local, traditional market. Check out all of the foods you don't see at home. Maybe you'll even be brave enough to try something new! Before heading back to Chiang Mai on Saturday, you'll visit a Thai village and a Hill tribe village to see another way of life. After lunch you'll hike through the rice paddies and farms of the Royal Project.

Monday –Sunday of ENP week: Morning chores after breakfast start around 8:30. There will be a lunch break at 11am. There will be time to clean up before dinner at 6pm. Evenings will be free time and cultural activities at the ENP. During down time you will also have the opportunity to walk dogs at the Dog Shelter.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Unloading and cleaning elephant food	Cleaning elephant stalls	Cutting corn	Clean up the park	Visit a local school	Diet observation study (follow elephants)	Elephant walk through the park
Afternoon	Bathing and feeding elephants	Feeding Elephants	Tubing	Make medicine balls for elephants	Unloading and cleaning elephant food	Diet observation study (follow elephants)	Loop Abroad alumni meeting
Evening	Welcome ceremony, Loop Abroad movie night	Thai language and culture class	Loop Abroad Trivia night	Loop Abroad Game night	Loop Abroad craft night	Goodbye ceremony	Depart