THAILAND CULINARY ADVENTURE FOR FOODIES
METROPOLITAN COMMUNITY COLLEGE

DAY 1 (THU 5th AUG 2010): ARRIVAL BANGKOK
01.25 hrs: Arrival Bangkok airport by EVA#61 on 6th Aug
01.30 – 02.30 hrs: Get your luggage, Customs & Immigration formalities, meet your guide
02.30 – 03.15 hrs: Transfer directly to your hotel Bangkok for overnight.

Meals: None
Accom: Park Plaza Hotel, Superior room (http://www.parkplaza.com/)

DAY 2 (FRI 6th AUG 2010): BANGKOK – GRAND PALACE & TEMPLES – CANAL TOURS
Breakfast at hotel
09.00 hrs: Meet our guide and departure from the hotel
09.45 – 11.00 hrs: Visit the three of the most unusual Buddhist temples in Bangkok: WAT TRIMITR with Golden Buddha (5½ tons of solid gold); WAT PO, the most extensive temple in Bangkok with colossal reclining Buddha and the chedi of the Kings; WAT BENJAMABORPIT, the White Marble Temple - one of the finest examples of Thai architecture.
11.00 – 12.30 hrs: Visit the Grand Palace. Note that you will need to wear long pants and shoes which cover the heels to enter here. We must do this to pay respect to the Thai people. Probably the most important center of Thai culture, the palace was once the royal abode, but today is used mainly for ceremonial functions. Tourists are allowed inside to see the Emerald Buddha, the displays of royal artefacts & memorabilia, and wall decorations
12.30 – 13.30 hrs: Lunch is at a local restaurant (Riverside restaurant)
13.30 – 15.00 hrs: Board our boat to briefly the Royal Barge Museum. The grand procession of Royal barges is seen only once a year during His Majesty the King’s birthday celebrations (early December). See the actual boats in their dry docks. Now relax and experience Life on the River for a trip along Bangkok’s old klongs (canals) and waterways on the Thonburi side of the river. Water is an essential and prevalent theme in Thailand. Today most of Bangkok hustles & bustles like any other modern metropolis. But not many decades ago huge areas of the city were still accessed primarily by these kinds of canals. Vendors sell spiced & grilled chicken from boats, bank boats with ATMs aboard can sometimes be seen. Here you will feel an older city.
15.00 – 16.00 hrs: Return to the hotel
16.00 – 18.00 hrs: At leisure on your own
18.00 – 19.00 hrs: Transfer to Silom Village Restaurant
19.00 – 21.00 hrs: Dinner and dance shows at Silom Village Restaurant
21.00 – 22.00 hrs: Transfer back to the hotel

Meals: Breakfast, Lunch, Dinner
Accom: Park Plaza Hotel, Superior room

Breakfast at hotel
08.30 hrs: Meet our guide and departure from the hotel
09.30 – 12.00 hrs: Visit Flower Market at Pak Klong Talad which is the biggest fresh flower market in the city, every day as the bite of the hot sun dissipates, the roadside of Pak Klong transforms into a kaleidoscope of bright, blooming color as vendors, receiving floral goods from each flower growing area of the Kingdom, meet to trade. Then continue to Chinatown (on Yaowarat Road). The main thoroughfare through Chinatown is Yaowarat Road, which is approximately 1.5 kilometers in length. It was built during the reign of King Rama V. On each side of the road, there is a network of streets and alleys lined with shops selling all sorts of things. In many of these streets, you'll find shops side by side selling the same items.
12.00 – 12.30 hrs: Transfer from Chinatown to Siam Paragon
12.30 – 13.30 hrs: Lunch is at the Siam Paragon’s food court

Academic Experiences Abroad  www.AEA-Asia.com
13.30 – 14.30 hrs: Transfer to Chatuchak Weekend Market
14.30 – 17.00 hrs: Visit **Chatuchak Weekend Market**, this is The World’s Biggest Weekend Market selling practically everything under the sun, from the smallest nails, to foods, trendy fashions, antiques intricate wooden carvings, masks from far-off lands, adorable fluffy dogs, colorful fish of every hue and singing birds. You can find all this and more at amazing Chatuchak market. There are almost 9,000 individual booths overflowing with every imaginable type of wares to catch your fancy. Once inside the market, you will be catch up in a world of bursting crowds and stalls stretching as far as the eye can see. Then visit **Aw Taw Kaw Market**, this is the odd name of Bangkok’s highest end market. Many claim that it is overpriced and overrated, but if you want to find the best fruit and seafood in town, there’s really no other choice. The market is located across the street from the famous Chatujak Weekend Market, and steps away from the Kampheng Phet MRT station. Aw Taw Kaw (an abbreviation that stands for the Farmer’s Marketing Organization) is especially known for its fruit.
17.00 – 18.00 hrs: Return to your hotel and relax at your leisure.
Dinner is on your own.

**Meals:** Breakfast, Lunch  
**Accom:** Park Plaza Hotel, Superior room

**DAY 4 (SUN 8th AUG 2010): BANGKOK – 1ST COURSE COOKING CLASS AT BLUE ELEPHANT COOKING SCHOOL**

**Breakfast at hotel**
07.45 hrs: Meet our guide and departure from the hotel  
08.45 hrs: Arrival at **Blue Elephant Cooking School**, which is housed in stately and charming century-old, neo-colonial building; a perfect place to start experiencing Thailand’s warm gastronomic culture. The students will be welcomed with a fresh Thai herbal drink and discuss with the chef the 4 course meal they will prepare.
09.00 – 10.15 hrs: The group will take a ride by Sky Train (Saphan Taksin) to the Bang Rak morning market. Our instructor will advise the group and guide you in discovering the usage of Thai fruits and vegetables without forgetting the multicolored spices! Then take a ride back by Sky Train to the Cooking School.  
10.30 – 12.30 hrs: Let’s move to the theory class. Theory Class, here the instructor will present a cookery demonstration of the dishes that you will have to prepare! Each student will receive a booklet with the recipes of the day. Put your hands on the cooking utensils at the Practice Room. Each student has his own table and wok. Assisted by our instructor you will learn and experience the culinary technique of Thai cuisine. Four dishes are waiting to be prepared by you!  
12.30 – 13.30 hrs: Lunch, now you can taste and enjoy your own culinary creation in a convivial Thai setting at the Blue Elephant Restaurant.  
13.30 – 14.30 hrs: Return to your hotel and relax at your leisure, or explore on your own.  
Dinner is on your own.

**Meals:** Breakfast, Lunch  
**Accom:** Park Plaza Hotel, Superior room

**DAY 5 (MON 9th AUG 2010): BANGKOK – 2ND COURSE COOKING CLASS AT BLUE ELEPHANT COOKING SCHOOL**

**Breakfast at hotel**
07.45 hrs: Meet our guide and departure from the hotel  
08.45 hrs: Arrival at **Blue Elephant Cooking School**, which is housed in stately and charming century-old, neo-colonial building; a perfect place to start experiencing Thailand’s warm gastronomic culture. The students will be welcomed with a fresh Thai herbal drink and discuss with the chef the 4 course meal they will prepare.
09.00 – 10.15 hrs: The group will take a ride by Sky Train (Saphan Taksin) to the Bang Rak morning market. Our instructor will advise the group and guide you in discovering the usage of Thai fruits and vegetables without forgetting the multicolored spices! Then take a ride back by Sky Train to the Cooking School.  
10.30 – 12.30 hrs: Let’s move to the theory class. Theory Class, here the instructor will present a cookery demonstration of the dishes that you will have to prepare! Each student will receive a booklet with the recipes of the day. Put your hands on the cooking utensils at the Practice Room. Each student has his own table and wok. Assisted by our instructor you will learn and experience the culinary technique of Thai cuisine. Four dishes are waiting to be prepared by you!
12.30 – 13.30 hrs: Lunch, now you can taste and enjoy your own culinary creation in a convivial Thai setting at the Blue Elephant Restaurant.
13.30 – 14.30 hrs: Return to your hotel and relax at your leisure, or explore on your own.
Dinner is on your own.

**Meals:** Breakfast, Lunch

**Accom:** Park Plaza Hotel, Superior room

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**DAY 6 (TUE 10th AUG 2010): BANGKOK – 3RD COURSE COOKING CLASS & AFTERNOON FRUIT CARVING DEMO AT BLUE ELEPHANT COOKING SCHOOL**

Breakfast at hotel
07.45 hrs: Meet our guide and departure from the hotel
08.45 hrs: Arrival at Blue Elephant Cooking School, which is housed in stately and charming century-old, neo-colonial building; a perfect place to start experiencing Thailand’s warm gastronomic culture. The students will be welcomed with a fresh Thai herbal drink and discuss with the chef the 4 course meal they will prepare.
09.00 – 10.15 hrs: The group will take a ride by Sky Train (Saphan Taksin) to the Bang Rak morning market. Our instructor will advise the group and guide you in discovering the usage of Thai fruits and vegetables without forgetting the multicolored spices! Then take a ride back by Sky Train to the Cooking School.
10.30 – 12.30 hrs: Let’s move to the theory class. Theory Class, here the instructor will present a cookery demonstration of the dishes that you will have to prepare! Each student will receive a booklet with the recipes of the day. Put your hands on the cooking utensils at the Practice Room. Each student has his own table and wok. Assisted by our instructor you will learn and experience the culinary technique of Thai cuisine. Four dishes are waiting to be prepared by you!
12.30 – 13.30 hrs: Lunch, now you can taste and enjoy your own culinary creation in a convivial Thai setting at the Blue Elephant Restaurant.
13.30 – 16.30 hrs: Demonstration of basic fruit and vegetable carving for decoration
16.30 – 17.30 hrs: Return to your hotel and relax at your leisure, or explore on your own.

**Meals:** Breakfast, Lunch

**Accom:** Park Plaza Hotel, Superior room

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**DAY 7 (WED 11th AUG 2010): BANGKOK – AYUTTHAYA – KHAO YAI WINERY – KHAO YAI**

Breakfast at hotel
08.00 hrs: Check out and departure from the hotel
08.00 – 09.30 hrs: Transfer to Bang Pa-In
09.30 – 10.30 hrs: Visit Bang Pa-In Summer Palace, the former Royal Summer Residence of King Rama V consisting of buildings in a quaint mixture of European and Thai architecture. You will have a chance to visit the interior of Chinese Wehat Chamrun Palace.
10.30 – 11.00 hrs: Continue drive to Ayutthaya
11.00 – 12.30 hrs: Visit the ancient ruins. Ayutthaya town, an ancient capital of Thailand, flourished for several hundred years (1350 – 1770), was sacked by the Burmese, and then taken over again by the Thais! This was the last location of the capital before the government based itself in Bangkok. At the magnificent city ruins you can see Wat Phra Sri Sanpetch with three spired pagoda as, the large Buddha image of Phra Mongkol Bophit and then visit to Wat Chaiya Mongkol.
12.30 – 13.30 hrs: Lunch is at a local restaurant.
13.30 – 15.30 hrs: Transfer to Khaoyai
15.30 – 16.30 hrs: Visit Khaoyai Winery, one of Thailand’s largest vineyards in the heartland of highly-acclaimed “wine country”. PB Valley, situated on the edge of the Khaoyai National Park, is the birthplace of the Khaoyai wine region, is now offering a tour around the vineyard & the winery. Come and see how excellent Thai wines are grown, groomed and made. Guided tour of the vineyard with explanation about the various grapes for the wine making as well table grapes and other fruit orchards such as dragon fruit, star fruit and others. Harvest Demonstration, tour of the winery which also includes a wine tasting
16.30 – 17.00 hrs: Transfer to your hotel in Khao Yai
17.00 hrs: Check in at your resort and relax at your leisure.

Meals: Breakfast, Lunch
Accom: Juldis Khao Yai Resort, Deluxe room (http://www.juldiskhaoyai.com/juldis.html)

**DAY 8 (THU 12™ AUG 2010): KHAO YAI – KHAO YAI NATIONAL PARK – NIGHT SAFARI**

Breakfast at hotel
09.00 – 15.00 hrs: Continuing to observe different types of forest as you drive up into the mountains, use elephant trails for an easy hike of about three hours, to observe macaques, gibbons, several subspecies of rare hornbills and many other birds, insects, reptiles, orchids, ferns and the plant life of the forest. Even Southeast Asian Tigers are sometimes seen here! Visit a big waterfall where you can swim. The cliffs here are 1270m above sea level, so you can admire the magnificent view over Khao Yai.
15.00 – 15.30 hrs: Return to your hotel
15.30 – 18.00 hrs: Free at leisure
18.00 hrs: Drive to the **bat cave** for the unforgettable experience of seeing over two million bats flying out of a cave for feeding. Dinner is on your own at a local restaurant.
20.00 – 21.00 hrs: Set out on a night drive through the forest for **Night Safari** to look for elephants, deer, civets, porcupine and other wildlife.

Meals: Breakfast, Lunch
Accom: Juldis Khao Yai Resort, Deluxe room

**DAY 9 (FRI 13™ AUG 2010): KHAO YAI – RAYONG – KOH SAMET NATIONAL PARK**

Breakfast at hotel
09.00 – 15.00 hrs: Check out and transfer to Rayong pier (Seree Ban Phe Pier)
15.00 – 15.45 hrs: Shuttle boat transfer to Samet Island (Na-Nai Pier) and continue transfer to Sai Kaew Beach Resort
15.45 hrs: Check in and relax at your leisure.

Meals: Breakfast
Accom: Sai Kaew Beach Resort, Deluxe room (http://www.samedresorts.com/resort/sai_kaew.htm)

**DAY 10 (SAT 14™ AUG 2010): KOH SAMET – FREE AT LEISURE**

After breakfast, free at leisure or relax on the beach on your own.

Meals: Breakfast
Accom: Sai Kaew Beach Resort, Deluxe room

**DAY 11 (SUN 15™ AUG 2010): KOH SAMET – FREE AT LEISURE**

After breakfast, free at leisure or relax on the beach on your own.

Meals: Breakfast
Accom: Sai Kaew Beach Resort, Deluxe room

**DAY 12 (MON 16™ AUG 2010): KOH SAMET – RAYONG – BANGKOK**

Breakfast at hotel
12.00 hrs: Check out
12.15 – 13.00 hrs: Take a shuttle boat transfer to Rayong pier
13.00 – 16.30 hrs: Meet our guide at Rayong pier and transfer to your hotel in Bangkok
16.30 hrs: Check in and relax at your leisure.

Meals: Breakfast
Accom: Park Plaza Hotel, Superior room

**Day 13 (Tue 17th Aug 2010): Bangkok – Next destination**

Breakfast at hotel
12.00 hrs: Check out
12.30 – 13.30 hrs: Transfer to the Bangkok airport
14.00 hrs: Check in at the airline counter for your departure flight at 16.25 hrs by EVA#68.

Meals: Breakfast, Lunch
Accom: Juldis Khao Yai Resort, Deluxe room ([http://www.juldiskhaoyai.com/juldis.html](http://www.juldiskhaoyai.com/juldis.html))

End of Services

**Tour includes:**
- Accommodation based on single/ twin / triple shared room at selected hotels with daily breakfast  
  *Check-in time at all hotels is 2.00PM and check-out time at all hotels is 12.00PM.*
  *Early check-in and late check-out is subject to availability with surcharge.*
- Meals as mentioned
- English-Thai speaking guide
- All entrance fees as mention during on tours
- Transfers as mentioned by private air-conditioned vehicle
- 3 Private cooking courses & 1 Private fruit and vegetable craving course

**Tour excludes:**
- Tips and gratuities
- Visas and airport departure tax
- International & Domestic air-tickets
- Meals, drinks and other those mentioned in the itinerary
- Laundry, telephone calls and expenditure of a personal nature

**NOTES:**
- Please be aware that flight times, hotels and all other logistics, services and days of travel are subject to availability. Where flights/ trains/ etc., are cancelled or delayed AEA will endeavor to secure alternative arrangements of similar value as noted in our booking conditions.
- This quotation is valid **May 1st until September 31st, 2010.** Any bookings made after this date are subject to change, as local economic conditions require.
- The traveling times mentioned within this dossier are approximations only. These times will vary according to weather, road, traffic or any other prevailing conditions.
- This itinerary and supplementary information has been complied in good faith and was accurate at time of writing. However it DOES NOT form part of a contract between the client and AEA.