

Agro-tourism: Green Travel in Thailand



PREFACE

Agriculture is an important and dynamic part of Thailand's economy and way of life, and contributes significantly to the country's unique identity. The Tourism Authority of Thailand (TAT), as part of its promotion of sustainable tourism, has produced 'Agro-tourism: Green Travel in Thailand' to provide opportunities for readers, naturalists, general tourists, and agro-tourists to gain first-hand experience of this distinctive way of life, obtain knowledge about agriculture in Thailand, explore the variety and richness of Thailand's agricultural products, achieve a better understanding of the Thai way of life, and enjoy trips to environmentally-friendly locations.

There are many fascinating destinations across the length and breadth of Thailand. TAT has carefully chosen a number of exemplary destinations in the 5 regions of the country to present an expedient and diverse selection of agro-tourism experiences. 'Agro-tourism: Green Travel in Thailand' provides useful information that allows readers to plan trips to learn about local wisdom and participate in traditional Thai agricultural activities.

Tourism Authority of Thailand



Table of Contents

North	14
 Ban Mae Klang Luang Agro-tourism Centre, Doi Inthanon, Chiang Mai 	16
 Ban Mae Chan Tai Agro-tourism Centre, Chiang Rai 	18
 Chiang Rai Agricultural Research and Development Centre, Chiang Rai 	20
 Doi Mae Salong Nok Agro-tourism Centre, Chiang Rai 	22
 Prince Chakraband Pensiri Centre for Plant Development, Chiang Rai 	24
 Ban Mae Chaem Agro-tourism Centre, Lampang 	26
 Khaokho Talaypu Natural Farm, Phetchabun 	28
Central Plains	32
 Bang Chao Cha Weaving Village, Ang Thong 	34
Bhumirak Dhamachart Project, the Royal Nature Conservation Centre, Nakhon Nayok	36
 Wongsanit Ashram, Nakhon Nayok 	38
 Ban Sai Noi Agro-tourism Group, Phra Nakhon Si Ayutthaya 	40
 Amphawa Chaipattananurak Project, Samut Songkhram 	42
East	46
 Khung Kraben Bay Royal Development Study Centre, Chanthaburi 	48
 Tambon Phlio Agro-tourism Centre, Chanthaburi 	50
 Taphong Agro-tourism Centre, Rayong 	52
 Kasorn Kasivit Water Buffalo Agricultural School, Sa Kaeo 	54
Northeast	60
Suan Lung Chok, Nakhon Ratchasima	62
Suan Lung Krai, Nakhon Ratchasima	64
 Samtarom Agro-tourism Centre, Si Sa Ket 	66
Queen Sirikit Sericulture Centre, Surin	68
South	74
Ban Khiri Wong, Nakhon Si Thammarat	76
Thale Noi Agro-tourism Centre, Phatthalung	80
 Ko Yo Homestay, Songkhla 	84
 Khlong Rang Rai Mai and Khlong Roi Sai Community Surat Thani 	86



Agriculture in Thailand

Thailand is an agricultural country blessed with an abundance of natural resources. Agriculture has been a part of the Thai way of life since ancient times, and Thai people have enjoyed making a living from the gifts of nature from the land and sea for centuries.

Agricultural activities in Thailand flourished for many years and, to increase productivity, machines, chemical fertilisers, herbicides, and insecticides were introduced. Improper use and over-use of these chemicals, coupled with many years of mono-cropping practices, resulted in environmental deterioration, soil degradation and erosion, water pollution, and farmers' financial and health problems.

Once these problems occurred, Thai farmers recognised that they needed to move away from cash crop mono-culture practices, and seek alternative approaches leading to sustainable agriculture. Agriculture not only provides work for many Thai people, it also contributes significantly to the national economy; therefore, sustainable agriculture is a crucial component in the provision of a better quality of life for farmers and Thai society.



Sustainable Agriculture

Sustainable agriculture is the practice of an integrated farming system of plants and animals using the principles of ecology and the relationship between organisms and the environment. The concept of sustainable agriculture was introduced to farmers in Thailand to rehabilitate natural resources and maintain long-term harmony in the nation's ecological system.

The goal of sustainable agriculture is not the optimisation of profits but the achievement of maximum benefits for communities, quality of life, and environmental conservation. Sustainable agriculture in Thailand is promoted through five farming systems: natural farming, organic farming, integrated farming, new theory farming, and agro-forestry. All of these systems lead farmers to self-sufficiency, a concept developed by His Majesty the King and practised by all professions throughout the country.

• Natural Farming

Natural farming is the use of agricultural activities based on the ecological and environmental preservation approach. This farming system avoids unnecessary external inputs and reduces the use of methods that disturb the ecological balance; such as, ploughing, weeding, and the application of chemicals, fertilisers, herbicides, and insecticides. This involves farmers using cover crops instead of the tillage method and natural resources instead of synthetic agricultural chemicals. The implementation of this system reinforces the natural way of farming that has always been a part of Thai agriculture, improves soil fertility and quality, and leads to a healthier natural ecosystem and sustainable agriculture.

Organic Farming

Organic farming not only sustains the health of ecosystems and the natural environment, but also the health of the human population. The aim of organic farming is to restore soil fertility and water quality, as well as to improve health and food safety. Local Thai farmers have been practising traditional organic farming for generations using natural and organic fertilisers, manure, and compost. Today, despite the introduction of manufactured fertilisers and pesticides, plant growth regulators, livestock antibiotics, and genetically modified organisms, traditional organic farming methods; such as, controlling pests and weeds by cultural practices, continue to be used in Thailand.



• Integrated Farming

Integrated farming involves at least two different agricultural activities operating simultaneously in the same field; such as, paddy fields and prawns, livestock and fruit plantations, and pig farming and vegetable plantations. These diverse activities in the same field improve the environment and agricultural produce. For example, the manure and other farm residues are natural fertilisers for plants, while growing different kinds of crops in the same field increases soil nutrients and minimises weeds and insects. This farming system is practised widely in Thailand because it makes the most use out of limited areas and reduces costs and dependence on external factors.



New Theory Farming

New theory farming was initiated by His Majesty the King and underlies the concept of self-sufficiency and the principle of moderation or the 'Middle Way.' The New Theory, developed to encourage small-scale farmers to apply the integrated farming system appropriate to their limited land and water resources, divides the land into four parts in the ratio of 30:30:30:10. The first 30% is for a pond as a water source to support cultivation, the second 30% is for a rice paddy, the third 30% is for crops, and the last 10% is for living space and livestock. This farming system aims to make farmers self-sufficient in the production of adequate food for household consumption, and to sell any excess crops for income.

Agro-forestry

Agro-forestry combines agriculture and forestation and focuses on the interaction between the two. Cultivating cash crops or raising livestock within forested areas improves soil quality and biodiversity, increases the variety and quantity of agricultural produce, and decreases deforestation resulting from agricultural expansion. There are many types of agro-forestry in Thailand, depending on the locations, natural surroundings, and local traditions, including mixing agriculture with forestry, livestock husbandry with forestry, and aquaculture with forestry.







Alternative farming systems practised by Thai farmers lead to the sustainability of agriculture and provide opportunities for people to live in harmony with nature. Thai farmers have learned not to antagonise nature by the use of chemicals that harm the agricultural products, their own well-being, and the environment.







Agro-tourism: Green Travel in Thailand

- This book contains information regarding agro-tourism sites in the five regions of the country: the North, the Central Plains, the East, the Northeast, and the South. This information relates to the agriculture practices of each of the destinations, the unique local wisdom, and the activities that visitors can participate in while visiting the sites.
- Some destinations are situated not too far from others, and this book includes suggested routes and maps at the end of each section to assist readers to plan their journeys.
- Agro-tourism attractions that have won Thailand Tourism Awards between 2002 and 2010 are presented in the book.
- Calendars of agricultural produce's harvesting periods and agricultural fairs and festivals are provided.

Remark: Apart from the agro-tourism sites included in this book, there are numerous other destinations in Thailand that provide opportunities for visitors to explore and exchange wonderful agricultural experiences. For more information, please contact the Tourism Authority of Thailand at \$\frac{1}{2}\$ +66 (2) 250 5500 or 1672 or visit www.tourismthailand.org.

North

The Northern region of Thailand is different from other parts of the country in many ways; such as, culture, climate, geography, and way of life. Containing mountains, forested hills, dense jungle, and river valleys, the North provides locals with abundant natural resources and fertile agricultural locations, and visitors with breathtaking scenery and unforgettable holiday experiences.

Agricultural practices depend mostly on the topography. The North is comprised of two distinct areas, the lower part and the upper part, and enjoys diverse agricultural activities due to differences of geographical location and climate.

The river basins of the lower part consist of 9 provinces: Kamphaeng Phet, Tak, Sukhothai, Uttaradit, Uthai Thani, Nakhon Sawan, Phichit, Phitsanulok, and Phetchabun. The fertile land in the lower part of the Northern region allows these provinces to be agriculturally productive in quality cash crops, vegetables, and rice.

The upper part of the Northern region is composed of a series of mountain ranges at an elevation of around 600 to 2,000 metres above sea level. There are 8 provinces: Chiang Rai, Chiang Mai, Mae Hong Son, Lamphun, Lampang, Phayao, Nan, and Phrae, and these mountainous areas are home to several hill-tribes and ideal locations for growing temperate fruits and vegetables and highland agriculture.

A number of organisations, especially projects under Royal Initiatives, offer helping hands to the locals in making effective use of the high elevations and cooler temperatures. These organisations and projects provide the hill-tribes with better standards of living and agricultural practices that replace the traditional slash and burn practices and opium cultivation with cash crops and coffee and tea plantations.

The differences of ethnicity and culture play a vital role in the conduct of agricultural practices in the Northern region. The combination of wisdom passed on through generations with modern technology and recently-acquired knowledge is one of the fascinating charms of agro-tourism in the Northern region.



Chiang Mai Province



Ban Mae Klang Luang Agro-tourism Centre, Doi Inthanon

Situated amidst evergreen forests and picturesque terraced hills is Ban Mae Klang Luang, a village where the Paganyaw live their unique, traditional lifestyle. This group, the largest concentration of Karen people residing in Thailand, leads a peaceful, simple existence based on a long-established knowledge of agriculture. Rice terrace farming is the main occupation of the villagers of Ban Mae Klang Luang, and it demonstrates their ingenuity in conserving natural resources and living in harmony with nature.

Rice terrace farming illustrates the villagers' dedication to their agricultural activities - choosing the location of paddy fields on not-too-steep slopes near a water source, levelling the land, and readying the fertile soil for farming. The pH of the soil in the fields is prepared by the cultivation of other crops; such as, beans and lentils, and the ploughing of the land to produce organic fertiliser.

Rice grows well in flooded fields inundated by a system of bamboo pipes to convey water from its mountain source.

Activities within the Site



Rice Terrace Farming

Visitors are welcome to observe and participate in the rice terrace farming process, whether during the cultivation or harvest period, depending on the time of year.

Highland Fisheries

There are many rainbow trout and red claw crayfish farms, using the clean, fresh water from the top of the mountain.

Cotton Weaving

Cotton weaving is the Paganyaw woman's way of life, and visitors can observe the manufacture of hand-woven cloth as well as buy products as souvenirs.

Fresh Coffee Brewing

Visitors are able to tour the coffee plantation, roast the coffee beans, brew the coffee, and enjoy the aroma and smooth taste of fresh Arabica coffee.



Local Food Cooking and Tasting

Famous recipes that visitors get to try are "Tom Khao Buea," boiled rice with meat, and "Kaeng Khao Khua," curry with roasted ground rice, chili, and meat.

Learn & Earn

The most significant belief of the Paganyaw of Ban Mae Klang Luang is the unity of the people and nature. A visit to this agro-tourism centre provides visitors with the opportunity to learn to live in harmony with nature and understand how rice farming, fisheries, and coffee cultivation are not only basic features of the Paganyaw way of life, but also their contribution towards the sustainability of the natural environment.



The Paganyaw people show a great respect for nature, and every year hold a 'Khwan Khao' ceremony before the planting of rice begins. Everyone gathers to make offerings to the goddess of rice and asks for her blessing for an abundant rice harvest.

Ban Mae Klang Luang's Information

Facilities:

- Homestay
- Food

For more information, please contact: Ban Mae Klang Luang Homestay:

+66 (81) 960 8856, +66 (81) 760 5181

Mae Klang Luang View:

+66 (89) 555 8374, +66 (86) 189 4075

Kirimaya Paradise Ecotourism Network:

+66 (81) 960 8856

Remark: It is recommended that visitors to Ban Mae Klang Luang use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

September to October: rice-growing season

November to January: rice-harvesting season

Remark: Ban Mae Klang Luang can be visited all year round.

How to Get There:

From Amphoe Mueang Chiang Mai, take Highway 108 (Chiang Mai-Hot) through Amphoe Hang Dong, Amphoe San Pa Tong, and Amphoe Chom Thong for about 50 km., then take Highway 1009 towards Doi Inthanon National Park for about 26 km., and turn left to Ban Mae Klang Luang.

⊕ N 18° 32′ 33″ E 98° 33′ 02″

Useful Contact Information in Chiang Mai

Tourism Authority of Thailand (TAT) Chiang Mai Office Highway Police

Tourist Police

+66 (53) 248 604, +66 (53) 248 607

1193, +66 (53) 242 441

1155, +66 (53) 247 317-8

• For more information on accommodation, restaurants, and attractions in Chiang Mai, please visit www.tourismthailand.org/chiang-mai



E & Chiang Rai Province



Ban Mae Chan Tai Agro-tourism Centre

Ban Mae Chan Tai Agro-tourism Centre is the coffee plantation that manufactures Akha Ama Coffee, a product of a company led by Ayu Chuepa (Lee), a young, enthusiastic Akha hill-tribe villager. Lee wants to improve the standard of living of his hometown by using the readily available resources of the ideal location and the people's knowledge of coffee cultivation. Lee started his own coffee journey to research, develop, and improve the quality of the coffee plantations by focusing on sustainable and organic agriculture with the implementation of an integrated farming system using organic fertiliser.

A Coffee Journey, a 3 days/2 nights' excursion to Ban Mae Chan Tai Agro-tourism Centre, was established to provide visitors with the real story behind coffee beans, from growing the plant to processing the coffee beans into the cup, as well as giving a deep understanding of the lives of the coffee farmers.

Interesting Info

Selected by the Specialty Coffee Association of Europe as one of 21 brands around the world, Akha Ama Coffee from Ban Mae Chan Tai was the only brand from Thailand to join the 7th World Cup Tasters Championship 2010 in London.

Activities within the Site



Akha Traditions and Way of Life

The Coffee Journey starts with learning the culture of the Akha community as an introduction to understanding their way of life, relationship with nature, and coffee-growing principles. Visitors also get to cook and enjoy delicious Akha food.



Learn & Earn

The Akha communities at Ban Mae Chan Tai Agro-tourism Centre respect the environment and focus on a sustainable and organic approach to coffee growing and processing. The Coffee Journey provides a great experience for visitors to learn about coffee cultivation and production and to appreciate the lives behind the delicious taste of the final product.

Organic Coffee Growing and Integrated Farming System

The coffee growing process includes selecting the coffee variety and coffee plant, managing the integrated farming system, using organic fertiliser, and cultivating the coffee cherries.

Organic Coffee Processing

Visitors learn how the coffee beans are processed, soaking the coffee cherries, pulping the cherries to get the coffee beans, washing, drying, and storing the coffee beans.

Freshly Brewed Coffee Tasting

A trip to the coffee plantation would not be complete without enjoying some of the 100% Arabica coffee.



Ban Mae Chan Tai Agro-tourism Centre Information

Facilities

- Homestay
- Food

For more information, please contact: Fair Trade for Underprivileged People (Mr. Ayu Chuepa): \Box +66 (86) 915 8600

www.akhaama.com

Remark: It is recommended that visitors to Ban Mae Chan Tai use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

From November to February only

Remark: The Coffee Journey excursion takes 3 days and 2 nights to complete. Please contact Ban Mae Chan Tai Agro-tourism Centre prior to your visit to check the Coffee Journey schedule.

How to Get There:

Akha Ama is situated at 9/1 Mata Apartment, Hatsadisewi Road Soi 3, Tambon Chang Phueak, Amphoe Mueang, Chiang Mai Province.

Remark: Visitors meet at Akha Ama Coffee in Chiang Mai Province. Staff members of Ban Mae Chan Tai Agro-tourism Centre then take visitors to the coffee plantation in Chiang Rai Province.

D N 18° 48′ 11″ E 98° 58′ 47″

Chiang Rai Agricultural Research and Development Centre

Doi Chang, literally translated as Elephant Mountain due to its shape, has fertile soil and is situated at 1,200 metres above sea level, an ideal location to produce high quality coffee. As part of a Royal Initiative, Arabica coffee plants were imported from Brazil and were carefully developed by the Chiang Rai Agricultural Research and Development Centre for the geographical and temperature conditions of Thailand and specifically for cultivation at Doi Chang. The seedlings were distributed to local villagers, mostly Lisu hill-tribe people, to gradually convert fields once subjected to regular slash-and-burn agricultural practices into coffee plantations to produce premium Arabica coffee.



Activities within the Site



Agro-tourism





Coffee Production Process

The process involves picking coffee cherries from the trees, removing the pulp, sorting by immersion in water, washing, drying, milling, and roasting the coffee beans. The process is finished by brewing and tasting the coffee.

Integrated Agricultural System

Visitors are able to tour the plantations and see the cultivation of different kinds of plants; such as, coffee, macadamia, and a variety of fruits. This allows visitors to observe the operation and benefits of an integrated agricultural system.

Buddhism Garden and Sacred Pond Visit

The Buddhism Garden, embraced by bamboo trees, is the place to find complete beauty and tranquility. The Sacred Pond is the source of holy water used in the rites to pledge allegiance to the King and country.



There are 3 main varieties of coffee - Arabica, Robusta, and Liberica. Arabica coffee is the most popular, accounting for 90% of the world's coffee production, and is considered to provide the richest aroma and flavour. Liberica coffee has the least aroma.



Queen Sirikit Fragrant Garden Visit

The Queen Sirikit Fragrant Garden is situated at 1.450 metres above sea level and visitors can enjoy the beauty and aroma of winter flowers as well as the mesmerising sunrises and sunsets.

Learn & Earn







The Chiang Rai Agricultural Research and Development Centre concentrates on experimentation and improvement of the quality and variety of plants, including coffee, macadamia, flowers, and fruits. Visitors are provided with extensive information about the coffee growing and production process, and the benefits of the cultivation of different kinds of plants to complement each other in an integrated agricultural system.

Chiang Rai Agricultural Research and Development Centre Information

Facilities:

- Homestay
- Food

For more information, please contact: Chiang Rai Agricultural Research and Development Centre:

+66 (53) 605 941, +66 (53) 605 955
Remark: It is recommended that visitors to the Chiang Rai Agricultural Research and Development Centre use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

November - February: Coffee harvesting period Remark: The Chiang Rai Agricultural Research and Development Centre can be visited all year round.

How to Get There:

From Amphoe Mueang Chiang Rai, take Highway 1 for about 22 km., and turn right towards Amphoe Mae Suai at the intersection. Continue on Highway 118 for around 28 km. and turn right at Ban Tin Doi intersection and proceed further for 23 km. Turn right towards Ban Doi Chang and continue for around 10 km.

Remark: Due to its highland location, travel during the rainy season should be by four-wheel drive vehicle. Please check road conditions before visiting.

⊕ N 19° 48′ 34″ E 99° 33′ 49″



Doi Mae Salong Nok Agro-tourism Centre

Doi Mae Salong Nok was settled by the Kuomintang troops who made their way out of Yunnan Province in China during the Chinese Cultural Revolution in 1949. It was formerly an important site for opium cultivation and trade, but when the Thai government granted these soldiers Thai citizenship, this village was renamed "Santi Khiri" and tea plantations and production were established to replace opium.

At 1,800 metres above sea level, Doi Mae Salong Nok is an ideal location for tea production as the topography, altitude, and climatic conditions are similar to those of tea plantations in Taiwan, from where the tea plants were imported. The Doi Mae Salong Nok Agro-tourism Centre produces many kinds of tea but it is famous for its high quality Oolong tea, the world-renowned traditional Chinese tea.



Activities within the Site

Tea Production Process

There are 6 main stages in tea processing:

- Picking: Handpick the bud and the top two leaves from the tea tree.
- Withering: Spread the tea leaves under the shade for 12-18 hours.
- Bruising: During the withering stage, toss the tea leaves in a bamboo tray 3 times to release the essential oil to enhance the taste of the tea.
- Fixation: Roast to soften the leaves so that the rolling stage can be done easily.
- Rolling: Roll the damp tea leaves into a spiral shape. The tea cells are broken in this stage, releasing the essential oil once again to further enhance the tea taste.
- Baking: Put the rolled tea leaves in a bamboo basket and slowly bake them over a coal brazier for about 4-6 hours. The leaves need to be rotated a few times for the moisture to be evenly removed.



Tea Plantation Visit

Visitors can call at the tea plantations to observe the tea picking process, as well as to enjoy the spectacular landscape of the terraced fields. During winter, the beautiful pink Thai Sakura is in full bloom, offering a sweet ambiance to the scenery.

Tea-tasting

Several shops within Doi Mae Salong Nok not only sell teas, but also offer free tea-tasting services.

Yunnanese Food Tasting

Famous Yunnanese food at Doi Mae Salong Nok includes braised pork leg served with Chinese buns and pickled vegetables, and fried mushrooms with soy sauce.

Interesting Info

Regarded as one of the greatest teas in the world, Oolong tea offers wonderful flavours, ranging from subtle and floral sweet to dark and full-bodied. Not only does Oolong tea possess great taste and aroma, it is also full of therapeutic value.



Learn & Earn

Famous for the tea plantations, hill-tribe villages, and cool climate, the Doi Mae Salong Nok Agro-tourism Centre is an ideal place to learn that growing, processing, brewing, and drinking tea are integrated into one entity - the tea culture. Visitors appreciate their next cup of tea much more after observing the tea process here.

Doi Mae Salong Nok Agro-tourism Centre Information

Facilities:

- Accommodation
- Food

For more information, please contact:
Doi Mae Salong Nok Subdistrict Administrative
Organisation: +66 (53) 765 175,
+66 (53) 765 129, +66 (86) 922 9058

www.maesalongnok.go.th

Remark: It is recommended that visitors to the Doi Mae Salong Nok Agro-tourism Centre use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

The Doi Mae Salong Nok Agrotourism Centre can be visited all year round.

How to Get There:

Before reaching Amphoe Mae Chan, turn left into Highway 1089. Continue driving and turn right at the intersection situated between the 54^{th} and 55^{th} km. markers (Kiu Sa Tai). Proceed for another 13 km.

Remark: If travelling during the rainy season, it is recommended to take a four-wheel drive vehicle, and please check the road conditions before visiting

⊕ N 20° 09′ 33″ F 99° 37′ 22″

Prince Chakraband Pensiri Centre for Plant Development

Agriculture is an important part of life in Thailand, and HRH Princess Maha Chakri Sirindhorn has a belief that the crucial factor in sustainable agriculture, apart from water and soil, is the availability of quality plant seeds. HRH Princess Sirindhorn established the Prince Chakraband Pensiri Centre for Plant Development to commemorate the late Prince. Its objective is the provision of good vegetable seeds to local villagers and farmers to increase their quality of life. A dedicated scholar and agriculturist, Prince Chakraband Pensiri made a great contribution to agriculture in Thailand. He preserved traditional agricultural techniques and developed them into sustainable agricultural systems.

Covering an area of over 135 rai, the Prince Chakraband Pensiri Centre gathers, develops, and conserves numerous varieties of local vegetable seeds to distribute to farmers. The farmers then cultivate the seeds to produce vegetables for household consumption and/or sale for extra income.



Activities within the Site

Touring the Vegetable Plots

Visitors are free to explore countless plots where different varieties of vegetable seeds are grown. Some plots serve as a laboratory where numerous types of seed; such as, sweet potato and spiny bitter gourd, are collected from other areas in the region for cultivation and close examination. Other plots are used to demonstrate the production of foundation seeds; such as, glutinous corn, black sesame, pumpkin, and golden watermelon, for further cultivation. Visitors are especially interested in the integrated plots where various kinds of vegetables and herbs that form the ingredients of curry paste are grown. Picking vegetables and herbs from these plots enables a delicious pot of curry to be cooked in an instant.







Delicious Flavours from Fresh Vegetables



Visitors are invited to taste various menus at Jan Ka Phak, a restaurant and shop that sells fresh and processed products from the Centre. Recommended dishes are salad made from vegetables freshly picked from the plots, and somtam with blue-coloured sticky rice cooked with butterfly peas.

Interesting Info

Good quality vegetable seeds are carefully chosen from the 'seed tree selection' to find a vigorous tree that can withstand adverse weather conditions, diseases, and insects.

Learn & Earn

One of the most fundamental factors of sustainable agriculture is the seeds of the plants. The Prince Chakraband Pensiri Centre focuses on the development and conservation of local vegetable seed varieties for distribution to local villagers. The Centre not only provides farmers with quality seeds that later become good quality agricultural products but also better living conditions, as they do not have to buy seeds from the market at expensive prices.



Prince Chakraband Pensiri Centre Information

Facilities:

- Accommodation
- Parking

For more information, please contact:

Prince Chakraband Pensiri Centre for Plant

Development: +66 (53) 733 222

www.chaipat.or.th

Remark: It is recommended that visitors to the Prince Chakraband Pensiri Centre for Plant Development use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

The Prince Chakraband Pensiri Centre for Plant Development can be visited all year round.

How to Get There:

From Amphoe Mueang Chiang Rai, head towards Uttarakit Road and turn left towards Ngam Mueang Road. Turn left to Thanalai Road and proceed about 1.2 km. and turn right to Si Koet Road. Continue for about 280 metres and turn left to Phahonyothin Road and proceed for another 350 metres to see the Centre on the left hand side along Highway 1.

⊕ N 20° 23′ 52″ E 99° 53′ 04″

Useful Contact Information in Chiang Rai

Tourism Authority of Thailand (TAT) Chiang Rai Office Highway Police Tourist Police

+66 (53) 717 433, +66 (53) 744 674-5

1193, +66 (54) 410 954

1155, +66 (53) 717 779

 For more information on accommodation, restaurants, and attractions in Chiang Rai, please visit www.tourismthailand.org/chiang-rai

\$ & Lampang Province





Ban Mae Chaem Agro-tourism Centre





Ban Mae Chaem is nestled in hilly terrain at an elevation of over 800 metres above sea level. It originally grew 'miang,' a kind of leaf used to produce local fermented tea. Later it was discovered that this location, combined with the fertile soil and cool temperature, was perfect for the cultivation of temperate fruits. Plums and coffee are grown during winter, cherries and pears appear during summer, and avocadoes, persimmons, and passion fruit are grown during the rainy season.

The growing of these fruits is rotated throughout the year, but macadamia nuts, the main agricultural produce of Ban Mae Chaem, are cultivated all year round. It takes about 8 years for the first macadamia nut harvest to happen, but the long wait is worth it as macadamia nuts are the main income generator for the people of Ban Mae Chaem.

Activities within the Site

Macadamia Nut Processing

After harvesting the macadamia from the trees, the process is as follows:

- •De-husking: Remove the green husks from the macadamia as soon as possible to reduce heat respiration, the cause of mould.
- Drying: Air-drying nuts in their shells reduces the moisture content and allows the natural oils to develop. Oven-drying causes the kernels to shrink away from the inside of the shells, making it easier to crack the shells without damaging the kernels.
- •Cracking: Once the nuts are sufficiently dried, carefully break open the hard shells and extract the crunchy cream-coloured kernels.
- •Sorting: Dried macadamia nuts are carefully hand-sorted for different grading, and after this stage, the nuts can be roasted, with or without salt.







Mixed Crop Plantation Tour

Temperate fruits are planted on the same plantations, as the the plants naturally work together to increase soil nutrients as well as to prevent weeds and insects. Touring the plantation also allows visitors to taste fruits freshly picked from the trees.

Local Food Cooking and Tasting

Apart from freshly brewed coffee, one of the must-try recipes at the Ban Mae Chaem Agro-tourism Centre is 'Nam Phrik Macadamia,' a delicious combination of northern-styled chili dip and ground, roasted macadamia nuts.



Macadamia nuts contain high levels of beneficial monounsaturated fats which reduce cholesterol levels. The oil extracted from the nut can also be used as an ingredient in skincare products and cosmetics.



Learn & Earn

No matter what time of the year, Ban Mae Chaem is always full of diverse kinds of trees growing and blooming. A visit to the Ban Mae Chaem Agro-tourism Centre enables visitors to learn how the integrated agricultural system provides sustainable economical and environmental benefits, as well as inform visitors of the journey of macadamia nuts from tree to table.

Ban Mae Chaem Agro-tourism Centre Information

Facilities:

- Homestay
- Parking
- Food

For more information, please contact:

Mr. Suwan Munkhamdi (Head of Ban Mae Chaem Homestay Group):

+66 (81) 167 4291, +66 (54) 380 460

Remark: It is recommended that visitors to the Ban Mae Chaem Agro-tourism Centre use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

The Ban Mae Chaem Agro-tourism Centre can be visited all year round.

How to Get There:

Here are 2 ways to get there:

1: From Amphoe Doi Saket of Chiang Mai Province, travel through Tambon Thep Sadet for a total distance of around $58\ km$.

2: From Amphoe Mueang Pan of Lampang Province, travel a total distance of around $36\ \mathrm{km}$.

Remark: If travelling during the rainy season, it is recommended to take a four-wheel drive vehicle, and please check road conditions before visiting.

N 18° 55′ 21″ E 99° 25′ 16″

Useful Contact Information in Lampang

Tourism Authority of Thailand (TAT) Chiang Mai Office

+66 (53) 248 604, +66 (53) 248 607

Hiahway Police

1193

Tourist Police

1155

 For more information on accommodation, restaurants, and attractions in Lampang, please visit www.tourismthailand.org/lampang

Phetchabun Province



The unity of life and nature is the basis of the self-reliance principle that the Khaokho Talaypu Natural Farm follows in its way of life and work. The farm consists of resort accommodation, spa, restaurant, and a shop selling various kinds of products. Khaokho Talaypu's main focus is, however, on agriculture. It is believed that to be successfully self-reliant, agricultural activities are fundamental as people depend on the land and nature to produce food and shelter. Herbs also play a crucial role in this philosophy, as they are an important source of food and medicine.



The Farm considers nature as a teacher, the agricultural activities here being conducted according to the laws of nature and Thai wisdom. Organic agriculture, integrated farming systems, and green hearts are the keys to the success of Khaokho Talaypu Natural Farm, as it lives in harmony with nature while maintaining and not damaging the environment.

Activities within the Site

Herb and Native Vegetable Garden Tour

A tour of the spacious garden based on an integrated agricultural system enables visitors to learn how to grow different types of plants and how they naturally support one another. Visitors enjoy tasting different kinds of fresh fruits from the trees as well as learning the medicinal properties of herbs grown here.

Interesting Info

One of the interesting menus at Khaokho Talaypu is Banana Leaf Omelete, a healthy and aromatic dish in which eggs are spread on banana leaves and cooked over heat without the use of oil.









Vegetable, Fruit and Herb Processing

Fresh vegetables, fruits, and herbs are taken from the garden to process into a variety of products, including food, beverages, skincare products, and cosmetics. All the products processed at this facility are carefully researched and developed to maintain maximum amounts of natural nutrients, and they are tested for allergic reactions.

Using Herbs as Culinary Delights

Chefs at Talaypu kitchen introduce visitors to the health benefits of culinary herbs by creating mouth-watering dishes using freshly-picked herbs and vegetables; such as, banana blossom fritters and mushrooms in herbaceous red curry.

Learn & Earn

The Farm's concept of 'home of nature and beauty of life' is explained to visitors through its organic agricultural practices. A diversity of vegetables, fruits, and medicinal herbs allows the garden to be known as a natural hospital. The farm specialises in the cultivation and making medicinal use of herbs, and provides visitors with the opportunity to learn about the growth of herbs and their therapeutic values.



Khaokho Talaypu Natural Farm Information

Facilities:

- Accommodation
- Food

For more information, please contact:
Khaokho Talaypu: +66 (86) 455 2612
www.khaokhonaturalfarm.com
Remark: It is recommended that visitors to
the Khaokho Talaypu Natural Farm use a tour
guide, as there may be a language barrier.

Recommended Time to Visit:

The Khaokho Talaypu Natural Farm can be visited all year round.

How to Get There:

From Amphoe Mueang, take Highway 21 (Phetchabun-Lom Sak) and turn left at Phokhun Pha Mueang Intersection towards Highway 12 (Phitsanulok-Lom Sak). Proceed further until reaching the 100th km. marker (Ban Camp Son) and then turn left to Highway 2196 for about 5.5 km. the Khaokho Talaypu Natural Farm is located on the left, about 500 metres from Wat Ban Na Yao and is opposite Ban Na Yao Health Station.

⊕ N 16° 43′ 38″ F 101° 01′ 12″

Useful Contact Information in Phetchabun

Tourism Authority of Thailand (TAT) Phitsanulok Office Highway Police Tourist Police +66 (53) 248 604, +66 (53) 248 607 1193, +66 (55) 259 503

• For more information on accommodation, restaurants, and attractions in Phetchabun, please visit www.tourismthailand.org/phetchabun

Suggested Routes: Northern Region



Coffee, Tea, and Local Vegetables - Chiang Rai Province

Start the trip by exploring the world of coffee cultivation at the Ban Mae Chan Tai Agrotourism Centre and learn more about coffee and other highland agricultural crops at the Chiang Rai Agricultural Research and Development Centre. Enjoy the slow-paced way of life at the Doi Mae Salong Nok Agro-tourism Centre and find out about the fascinating story of tea from beautiful terraced plantations to the teacup. Finish the trip by inspecting the local vegetables and experiencing the sustainable agricultural practices at the Prince Chakraband Pensiri Centre for Plant Development.

Rice, Fisheries, and Macadamia Nuts - Chiang Mai Province-Lampang Province

The journey begins in the natural beauty of the seas of fog at Doi Inthanon and moss-covered forests at the Ang Ka Nature Trail. Travel down to the Ban Mae Klang Luang Agro-tourism Centre to look at the rice terrace farming and highland fisheries and make a trip to discover the wonderful story of macadamia cultivation at the Ban Mae Chaem Agro-tourism Centre in Lampang Province.

Organic Herbs - Phetchabun Province

Explore the integrated agricultural system and learn about the cultivation and medicinal uses of herbs at the Khaokho Talaypu Natural Farm, before moving on to see some of the sights that have earned this area the name 'Little Switzerland.' Visit Phra Tamnak Khao Kho (Royal Palace), Khao Kho Sacrificial Monument, and end the trip by visiting the beautiful savanna grass fields at Thung Salaeng Luang.





Central Plains

The Central region is nourished by the majestic Chao Phraya River and its tributaries, and is rich in paddy fields, farms, orchards, and plantations. The area is known as the rice bowl of the country, producing much of the country's most important commodity.

The abundance of water allows the farmers in the Central region to engage in rice production all year round. When the farmers are not harvesting rice, they are involved in other agricultural activities; such as, cash crop cultivation, livestock husbandry, and freshwater and seawater fisheries, assuring sustainable food resources throughout the year.

Central Thailand has an advantage over other regions as it has a fertile flat terrain with a rain-fed network of rivers and canals that have facilitated crop cultivation and inland water transportation throughout history. Waterways have been the arteries of communication, transport, and trade in the past, resulting in a unique water-based way of life that continues to fascinate visitors today.

Bangkok, Thailand's capital, is located in the Central region and is the economic focus of the country. Farmers of the Central region grow rice and other crops for sale rather than for subsistence purposes, and the proximity to Bangkok allows the agricultural products to be conveniently transported to both domestic and international markets.

The wealth of available natural resources, the blend of local wisdom and ongoing agricultural research and development, and the bountiful production make this an interesting destination where visitors are able to learn about the ways of life of the people of the Central region.



Ang Thong Province Mark Mark Contract Co





Bang Chao Cha Weaving Village

Situated on the banks of the Noi River, Bang Chao Cha is known for the cultivation of sweet santol and marian plums. However, these seasonal fruits are grown only once a year and this provides time for the villagers of Bang Chao Cha to do what they do best, bamboo weaving. This local craft is an integral part of many agricultural communities as the bamboo is commonly found in the local areas, making it easy for the manufacture of baskets, utensils, mats and other products for daily use.

Bang Chao Cha Weaving Village has been recognised as a 5-star OTOP producer for its delicate weaving of beautiful bamboo goods. The bamboo is becoming increasingly difficult to find locally but the Bang Chao Cha community maintains its traditions by bringing in bamboo from other provinces and continues to weave and show its cultural heritage to younger generations.



Activities within the Site

Observe the Local Wisdom of Bamboo Weaving

The weaving of bamboo requires many special craft techniques, ranging from creativity and intricacy to attention to detail and, most importantly, life-long experience. Bamboo weaving at Bang Chao Cha is not just a matter of crossing the warps (the vertical elements) and the wefts (the horizontal elements), but also involves complicated designs to improve the versatility and to enhance the beauty.







Touring the Orchards by Bike

If visiting during February and March, visitors are able to take a bike tour around the orchards full of golden coloured marian plums and from May to July, they can be fascinated by the sweet and juicy santols, freshly picked from the trees.

Traditional Thai Dessert Cooking and Tasting

One of the best ways to learn the local culture is by cooking. Most of the houses in Bang Chao Cha grow bananas, the main ingredient of "khanom kluai" or "steamed banana cake," a delicious and simple-to-make traditional Thai dessert. Visitors learn to make khanom kluai, and use materials found around the house; such as, bananas, coconuts, coconut milk, and palm sugar, the ingredients for the dessert.





Banana leaves are frequently used to wrap desserts before steaming, as this not only uses natural resources but also provides a distinct aroma to the dessert.

Learn & Earn

The villagers at Bang Chao Cha live a simple life and make daily use of the natural resources. Apart from generating income for the community, fruits from the orchards are transformed using unique local wisdom into different kinds of foods and desserts. Visitors can experience a traditional Thai way of life with nature as an integral part of life.

Bang Chao Cha Weaving Village's Information

- Homestay
- Food
- Bike hire

For more information, please contact:

Bana Chao Cha Weavina Village Information Centre: +66 (35) 644 091, +66 (81) 947 2631

Remark: It is recommended that visitors to the Bang Chao Cha Weaving Village use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

The Bang Chao Cha Weaving Village can be visited all year round.

How to Get There:

From Amphoe Pho Thong, take Highway 3454 towards Amphoe Tha Chang of Sing Buri Province for around 3.5 km. Turn right at the intersection heading towards Muban Bang Chao Cha and proceed for about 1 km.

N 14° 42′ 08″ E 100° 24′ 46″

Useful Contact Information in Ang Thong

Tourism Authority of Thailand (TAT) Suphan Buri Office Highway Police Tourist Police

+66 (35) 536 030, +66 (35) 535 789

1193, +66 (36) 598 563

1155

• For more information on accommodation, restaurants, and attractions in Ang Thong, please visit www.tourismthailand.org/ang-thong



🛔 🛓 🛓 Nakhon Nayok Province 🛔 🗸 🛔



Situated on an area of 14 rai, the Bhumirak Dhamachart Project was established as a learning centre that provides visitors with enjoyment and knowledge about the Sufficiency Economy, the philosophy developed by His Majesty the King. The Sufficiency Economy philosophy is presented through ideas and theories for the development of agriculture, livestock, environment, and energy.

The Bhumirak Dhamachart Project consists of a museum and an open-air demonstration area, known as the 'Live Museum.' Here, visitors are able to use walkways connecting four zones, each representing a region of Thailand, and each presenting unique features and ideas.



Activities within the Site

Touring the Four Regions Live Museum

- Northern Region: This region focuses on natural resource conservation, especially forest conservation. An example is the Vetiver Grass Plot, a tropical plant with a deep, thick root system that is able to store water, ideal for the prevention of soil erosion and the increase of soil moisture.
- Northeastern Region: This zone concentrates on rice farming and explains the 'rice bank' project in which farmers borrow rice from the bank and settle their debts with a small amount of interest when they grow their own rice. This zone also features the manufacture of bioorganic fertiliser.



- Central Region: This zone presents His Majesty's "new theory" of land and water management. According to this theory, each plot of land should be divided into different portions 30% to store rainwater, 30% to grow rice for family consumption, 30% to grow other crops for consumption and as a source of income, and 10% for home-building.
- Southern Region: This region displays ideas about water, soil, and energy. One of the most successful flood management projects is the Kaem Ling Project (Monkey Cheek Project) initiated by His Majesty. The project was established to solve flooding problems in Bangkok and the metropolitan areas by the excavation of canals to serve as big storage reservoirs (Kaem Ling) and the natural drainage of floodwaters.





Interesting Info

Kaem Ling Project follows the techniques of water retention by monkeys. His Majesty explained that water reservoirs could be used in the same way that monkeys store food in their cheeks.

Learn & Earn

The Bhumirak Dhamachart Project is a learning centre that collects the ideas and theories developed by His Majesty to help farmers and agriculture in Thailand. A visit to the Bhumirak Dhamachart Project enables visitors to understand nature conservation, the Sufficiency Economy and self-reliance philosophy, and also allow them to adopt these concepts to their daily life through practical experience.



Bhumirak Dhammachart Project Information

Facilities:

- Food
- Parking

For more information, please contact: Bhumirak Dhammachart Project:

L +66 (86) 549 0918, +66 (37) 384 049

Remark: It is recommended that visitors to the Bhumirak Dhammachart Project use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

The Bhumirak Dhammachart Project can be visited all year round.

How to Get There:

From Rangsit Intersection in Pathum Thani, take Highway 305 to Amphoe Ongkharak or take Highway 1 at Hin Kong towards Suwannason Road and then Highway 33 to Nakhon Nayok.

♠ N 14° 18′ 15″ E 101° 18′ 51″



Wongsanit Ashram



'Ashram' is Sanskrit for a spiritual hermitage where a group of people live in natural surroundings and conduct spiritual activities and

meditation. Wongsanit Ashram is a place where nature and the environment are highly cherished and respected. From the first entry, visitors travel to the ashram on a barge pulled along the canal by people, a traditional means

of transport.

Situated in peaceful, natural surroundings, Wongsanit Ashram introduces visitors to some of its key principles, self-reliance and life under its eco-village concept, involving food, accommodation, and activities.

Activities within the Site

Earthen Building Workshop

- Choosing the location: Flat land and proximity to a moving water source are conditions ideal for the construction of earthen buildings.
- Making adobe bricks: Adobe bricks are made of clay, sandy soil, and husk or straw mixed in a ratio of 1.5:1:1, respectively. These components are mixed together, compressed by foot, and then placed into a brickform mould and left until completely set. Then the bricks are removed from the form and left to dry for about 3 days.
- Building earthen homes: The dried adobe bricks are then plastered with mud to the wooden or bamboo structure to make the walls of the houses.



Eco-village Design Education

Eco-village is a new concept developed to blend local wisdom and cultural heritage of the traditional Asian communities with the more modern ideas of Western communities. Visitors participate in an experiential learning journey to understand the sustainability of the holistic ways of life. This concept is designed in accordance with ecological principles, so that people learn to live in self-reliant harmony with nature.







Self-reliance Activities

Visitors are given the opportunity to be self-reliant and environmentally-friendly by learning to make chemical-free soap and shampoo, tie-dye clothes using natural products, and charcoal from an earthen kiln.

Interesting Info

The quality of an adobe brick can be tested by dropping it on the floor. If only a small corner of the brick breaks, then it is of good quality.

Learn & Earn

Self-reliance is a concept that Wongsanit Ashram teaches to people, so that they can become more independent and freer of external factors. This concept brings people closer to nature and allows them to learn to make efficient and effective use of natural resources. Through Eco-village Design Education, visitors learn to appreciate a simple way of life that is ecologically, socially, and economically sustainable.



Wongsanit Ashram Information

Facilities:

- Accommodation
- Food

For more information, please contact:
Wongsanit Ashram: +66 (37) 332 296-7
Remark: It is recommended that visitors to the
Wongsanit Ashram use a tour guide, as there
may be a language barrier.

Recommended Time to Visit:

The Wongsasit Ashram can be visited all year round.

How to Get There:

Take the the Rangsit-Nakhon Nayok Road to Khlong 15 and turn left at the "Ornamental Plant and Floral Centre" and proceed further for 4 km. Turn right at the intersection. Continue for around 30 metres to see the Wongsanit Ashram on the right and use the hand-pulled barge across the canal to get to the Ashram.

◆ N 14° 07′ 38″ E 100° 56′ 40″

Useful Contact Information in Nakhon Nayok

Tourism Authority of Thailand (TAT) Nakhon Nayok Office Highway Police Tourist Police +66 (37) 312 282, +66 (37) 312 284 1193, +66 (36) 371 222, +66 (36) 371 970 1155, +66 (37) 230 200

• For more information on accommodation, restaurants, and attractions in Nakhon Nayok, please visit www.tourismthailand.org/nakhon-nayok

* Phra Nakhon Si Ayutthaya Province * *



The first thing that catches one's eye on a visit to Ban Sai Noi is the unique Spanish-styled house surrounded by banana plantations and herb gardens. This Spanish-styled house is the centre for the Ban Sai Noi Agro-tourism Group, where visitors are taken to a world of simplicity and creativity. Fruits, vegetables, and herbs grown in the backyard are not only household commodities but also income generators for this community. The members of this group are innovative and successfully add value to their easy-to-find natural resources; such as, bananas and herbs, by transforming them into processed products like banana chips and roasted nuts with herbs.



Activities within the Site

Herb Garden Tour

A tour at the herb garden enables visitors to learn that not only do herbs provide unique aroma to Thai food, but they also have many therapeutic properties. For example, lemongrass can cure headaches and stomachache, holy basil helps to fight colds and allergies, and coriander relieves digestive system problems.

Banana Story – From the Plantation to the Package

Not only can visitors visit the banana plantation, but they can also observe the making of dried bananas, pressed bananas, and banana chips, as well as taste the finished products.



Cooking Authentic Thai Food

Visitors enjoy learning to cook and tasting the Ban Sai Noi Agro-tourism Group's authentic Thai recipes. One of the most famous recipes, which earned the group first prize in a national level competition, is 'Kaeng Pa Kai' or chicken in herbaceous jungle curry.





Reed Broom Making

Reed brooms from the Ban Sai Noi Agro-tourism Group are renowned for their quality and durability. Visitors are welcomed to watch the reeds being delicately bound together to make sturdy brooms.

Learn & Earn

Herbs have played a crucial part in the Thai way of life for centuries, and the Ban Sai Noi Agro-tourism Group shows their uses as well as benefits, whether to add taste and aroma to food or to act as remedies and preventive medicines. Due to the copious harvest of fruits; such as, bananas, the Ban Sai Noi Agro-tourism Group shows visitors how to make the most of bumper crops by creatively processing these fruits into several kinds of fruit preserves.



Before processing the bananas, soak the peeled bananas in salted water, as this not only prevents the bananas from turning brown but the salt enhances the natural sweetness of the bananas.

Ban Sai Noi Agro-tourism Group Information

Facilities:

- Homestav
- Food

Recommended Time to Visit:

The Ban Sai Noi Agro-tourism Group can be visited all year round.

How to Get There:

From Amphoe Phra Nakhon Si Ayutthaya, head toward U-thong Road and turn left to Highway 2363. Turn right at Highway 347 and proceed for around 1.1 km., turn into Highway 3412 and continue for about 5 km. to the police station on the left. Turn right at the intersection and proceed around 5.2 km. further to see the Spanish-styled house on the left.

→ N 14° 24′ 09″ E 100° 28′ 08″

Useful Contact Information in Phra Nakhon Si Ayutthaya

Tourism Authority of Thailand (TAT)

Phra Nakhon Si Ayutthaya Office

Highway Police

Tourist Police

+66 (35) 246 076-7 1193, +66 (35) 361 059 1155, +66 (35) 242 352, +66 (35) 241 446

• For more information on accommodation, restaurants, and attractions in Phra Nakhon Si Ayutthaya, please visit www.tourismthailand.org/ayutthaya



🛓 🛓 Samut Songkhram Province 🛊 🖠



Amphawa is a famous floating market in Thailand, rich in historical and cultural heritage. Even though it is known for its lively market and river-based way of life, unique local wisdom in relation to agriculture are crucial parts of the community's history. The Chaipattana Foundation, under HRH Princess Maha Chakri Sirindhorn's Royal Initiative, established the Amphawa Chaipattananurak Project to preserve these valuable treasures and to introduce the Sufficiency Economy philosophy to both the residents of Amphawa and visitors.



The Amphawa Chaipattananurak Project is comprised of garden plots, a gallery, a cultural ground, and traditional shops, and serves as a learning centre at which visitors can appreciate the lifestyle and local wisdom of the people, especially that associated with fruit crop cultivation.

Activities within the Site

Agricultural Demonstration Garden

The agricultural demonstration garden is in the form of trench gardening in which the plot is divided into five different rows. The first row grows local flowers and fruits, the second and third rows are dedicated to the growing of coconuts and lychees, respectively. The fourth row provides examples of sustainable living under the self-sufficiency concept through the making of wood vinegar, bio-extract, and charcoal. The last row grows pomeloes, the husk of which can be used in the manufacture of cosmetics sold at shops within the project.



Traditional Amphawa Lifestyle Exhibition

The gallery is in the form of old wooden shop-houses and showcases through photos, displays, and activities the traditional lifestyle and culture of Amphawa in harmony with nature.

Nakhawarang Cultural Ground

This outdoor multi-purpose area serves as the cultural stage where visitors enjoy local performances, activities, and stalls sell local products that illustrate Amphawa's history, culture, and traditional way of life.



Learn & Earn

The Amphawa Chaipattananurak Project, specifically the agricultural demonstration garden, provides opportunities for visitors to learn about the lifestyle of Amphawa in relation to agriculture and the self-sufficient economy, and it serves as a place where agriculturalists, farmers, gardeners, and the public can exchange knowledge and local wisdom.







Amphawa Chaipattananurak Project Information

Facilities:

- Accommodation
- Parking

For more information, please contact: Amphawa Chaipattananurak Project: +66 (34) 752 199

Remark: It is recommended that visitors to the Amphawa Chaipattananurak Project use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

Operating hours: Monday-Thursday from 9.00 a.m.-5.00 p.m. and Friday to Sunday from 9.00 a.m.-8.00 p.m.

Remark: The Amphawa Chaipattananurak Project can be visited all year round.

How to Get There:

From Bangkok, take Rama II Road (Thon Buri-Pak Tho) to Samut Songkhram and turn left to Highway 325 towards Amphawa. The Amphawa Chaipattananurak Project is opposite the gate to Wat Amphawan Chetiyaram.

N 13° 25′ 38″ E 99° 57′ 24″

Useful Contact Information in Samut Songkhram

Tourism Authority of Thailand (TAT) Samut Songkhram Office Highway Police

Tourist Police

• For more information on accommodation, restaurants, and attractions in Samut Songkhram, please visit www.tourismthailand.org/samut-songkhram

+66 (34) 752 847-8 1193, +66 (34) 241 426



Suggested Routes: Central Region



Earthen homes, Self-reliance, and Sufficiency Economy - Nakhon Nayok Province

Leave the worries of city life behind and enjoy the serenity of activities at the Wongsanit Ashram, making earthen homes and participating in self-reliance programmes. Stop at the Ornamental Plant and Floral Centre at Khlong 15 on the way out, before heading to the Four Regions Live Museum to learn about the Sufficiency Economy at the Bhumirak Dhamachart Project, the Royal Nature Conservation Centre. Complete the trip to Nakhon Nayok by visiting the gigantic Khun Dan Prakan Chon Dam and enjoy the waterfall at Namtok Nang Rong.

Bamboo and Herbs - Ang Thong Province-Phra Nakhon Si Ayutthaya Province

A trip to the Bang Chao Cha Weaving Village in Ang Thong Province combines the opportunity to experience the local wisdom of bamboo weaving and to see the cultivation of sweet santols and marian plums. Take time to pay respect to the 50-metre long reclining Buddha image at Wat Khun Inthapramun and watch the production of delicate court dolls from clay at Ban Bang Sadet. Continue the journey to Phra Nakhon Si Ayutthaya Province and learn how the local people at the Ban Sai Noi Agro-tourism Group use herbs as remedies and preventive medicines and as ingredients in delicious Thai cuisine.

Agricultural Lifestyle in a River-based Community - Samut Songkhram Province

Hidden in the famous Amphawa Floating Market is the Amphawa Chaipattananurak Project. It serves as a learning centre providing information about and demonstrations of the lifestyle of the area in relation to local wisdom and agriculture. Complete the trip to Samut Songkhram by visiting the Bang Noi Floating Market, Bang Nok Khwaek Floating Market, and the beautiful Nativity of Our Lady Cathedral, situated not far from the Amphawa Floating Market.









EAST

Fruit crops made up an integral part of agricultural produce in Thailand, and the Eastern region embraces perfect geographical, climate, and soil conditions for growing fruits. The East is characterised by mountain ranges and several river basins that flow into the Gulf of Thailand. The coastal location of Rayong, Chanthaburi and Trat allow these eastern provinces to produce fine tropical fruits; such as, mangoes, durians, mangosteens, zalaccas, and rambutans.

The reputation on the quality of these exotic fruits has earned the name of these provinces as the paradise of tropical fruits, and turned the orchards into a tourist attraction where visitors come to taste the fruits fresh from the trees. The local administrations, in realisation that a number of visitors express their interest in agro-tourism, have supported the local farmers in developing their orchards to be agro-tourism attractions, in which visitors get to learn about how these fruits are cultivated.

Apart from the fruit cultivation, the local people of the East are also involved in fishery and forestry. Coastal fisheries in Chanthaburi and Trat Provinces include fish farming and prawn farming that not only generate income to the region, but also provide a balanced ecosystem to the area.

The mangrove swamps in the coastline are the key to a healthy ecosystem of the coastal wetland and are home to several aquatic animals, reptiles, and birds. This habitat has been developed into a centre for nature study as well as agro-tourism centre, where visitors explore this exuberant mangrove ecosystem amidst the picturesque setting.

The prominent feature of the East is that it covers the smallest area of all five regions, but comprises of diversity in geography that allows this region to be endowed with abundant natural resources, both on the land and on the shore. This unique characteristic provides the eastern region with a distinctive dimension of agro-tourism that offers visitors a wide variety of travelling and knowledge-gaining experience.



👯 🐧 Chanthaburi Province 🛔 💺



Khung Kraben Bay Royal Development Study Centre

W.

Khung Kraben Bay Royal Development Study Centre is situated on the coast of Chanthaburi Province and was established in 1981 as a result of His Majesty the King's concern about the deterioration of the mangroves. His Majesty recognised the importance of the mangroves to people's lives and sought to rehabilitate the fisheries and mangrove forests in this region and maintain the equilibrium of the ecosystems. Besides the development of coastal marine resource management and sustainable ecosystems in the region, the Centre's goal is to promote the preservation of natural resources for the local people and visitors



Activities within the Site



Study the Mangroves on the Nature Trail

A 1.6-km. nature trail takes visitors to 10 pavilions which serve as information stations that explain forest resource management, the links between the mangroves and the associated organisms, and the dependence of the fisheries on the complete mangrove system.

Kayaking Trip

Visitors are invited to take a kayaking trip and meander through the mangroves to get a close-up experience with nature.

Bird-watching Tower

The natural resources at Ao Khung Kraben attract many species of birds which visitors can view from bird-watching towers.



Spotting the Sea Cow

A true sanctuary for marine life, Ao Khung Kraben has an abundance of food. If lucky, visitors may see dugongs, an endangered sea cow species, which occasionally visit the bay for seagrass.

Visit the Aquarium

The aquarium features four groups of local marine life from local and nearby areas. The groups are commercial fish, ornamental fish, coral reef fish, and exotic fish. Amongst the highlights are stingrays, puffer-fish, and seahorses.

Interesting Info

Mangrove forests cannot become too dense as this causes a deficiency in sunlight and oxygen for marine life. Those mangrove trees that are cut to create more space are not wasted as they are used to make mangrove wood charcoal.

Learn & Earn

The fertile mangrove forests and abundance of aquatic animals at the Khung Kraben Bay Royal Development Study Centre makes this centre an ideal recreational and educational place. The Centre's efforts illustrate that better standards of living for local people can be achieved without damaging the environment and natural resources.



Khung Krabaen Bay Royal Development Study Centre's Information

Facilities:

- Parking
- · Camping site and tents for hire

For more information, please contact:

Khung Kraben Bay Royal Development Study Centre: 466 (39) 433 216-8

Remark: It is recommended that visitors to the Khung Kraben Bay Royal Development Study Centre use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

The Khung Kraben Bay Royal Development Study Centre can be visited all year round.

How to Get There:

From Sukhumvit Road, head towards the Chanthaburi city centre and at the 301st km. marker, turn right to Highway 3399. Look for the sign to the Khung Kraben Bay Royal Development Study Centre.

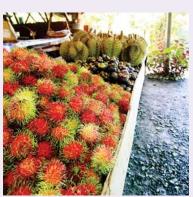
⊕ N 12° 34′ 13″ E 101° 54′ 00″

Tambon Phlio of Chanthaburi Province is known for its wealth of tropical fruits and is especially colourful during the fruit harvesting period from May to July. The Tambon Phlio Agro-tourism Centre started as orchards growing fruits for sale, and later established a centre where numerous orchards formed a group that not only produces fruits for sale but also serves as a tourist attraction where visitors can tour the orchards and learn about fruit cultivation.

Upon entering the orchard, visitors are welcomed by lush green trees that provide natural shade. As visitors roam the orchards, they are greeted by the red colour of the rambutans, dark purple colour of mangosteens, yellow colour of longkongs, and the spiky thorns of durian.



Activities within the Site



Fruit Buffet

 $A \mbox{\sc n}$ or or or allows visitors to see a variety of local fruits ripening on the trees and enjoy the all-you-can-eat fruits freshly picked from the trees.

Interesting Info

Not far from the Tambon Phlio Agro-tourism Centre is the Chanthaburi Horticultural Research Centre which provides information on local plants, vegetables, and fruits.

Making Durian Chips

Visitors can observe the process of making durian chips, the result of the locals' innovative way of turning an abundance of durian into tasty processed fruits.

Local Cuisine Tasting

Chanthaburi is renowned for its delicious local cuisine; such as, Mu Chamuang, pork casserole with chamuang leaves.







Learn & Earn

An ideal location for growing fruit coupled with generations of local practice allow the cultivation of fruits to be a great success and the people of Tambon Phlio like to share their way of life with visitors. Visitors are able to learn about fruit cultivation as well as taste fruits freshly picked from the trees.



Tambon Phlio Agro-tourism Centre Information

Facilities:

- Homestay
- Food

For more information, please contact:

Suan Nai Charoenchai: 466 (39) 397 195, +66 (81) 377 3558

Suan Nai Somnuek: 466 (87) 048 6615

Suan Saosutchai: +66 (87) 133 2730. +66 (81) 377 3190 Remark: It is recommended that visitors to the Tambon Phlio Agro-tourism Centre use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

May to July: Fruit harvesting season

How to Get There:

From Amphoe Mueang, Chanthaburi Province, take Highway 3348 towards Tambon Phlio and look for the sign to the Tambon Phlio Agro-tourism Centre.

⊕ N 12° 30′ 56″ E 102° 09′ 14″

Useful Contact Information in Chanthaburi

Tourism Authority of Thailand (TAT) Rayong Office Highway Police

Tourist Police

+66 (38) 655 420-1, +66 (38) 664 585 1193, +66 (39) 311 188, +66 (39) 418 579 1155, +66 (38) 651 669

• For more information on accommodation, restaurants, and attractions in Chanthaburi, please visit www.tourismthailand.org/chanthaburi



* Rayong Province * * *





Fruits are the major agricultural products of the Eastern region of Thailand and fruit cultivation is a way of life for the local people, especially those in Rayong Province. Most of the orchards at the Taphong Agro-tourism Centre adopt the integrated agricultural system and grow many kinds of fruits, including rambutans, longkongs, zalacca, mangosteens, longan, pineapples, and dragon fruit. However, Rayong is most famously associated with the production of four different kinds of unique, succulent durian: mon-thong, kan-yao, chani, and kradum.

A trip to the Taphong Agro-tourism Centre not only provides visitors with a good learning experience about fruit cultivation but also allows them to know more about the tropical fruits they have tasted.

Activities within the Site

Orchard Tour

Touring the orchard enables visitors to explore and taste different kinds of locally grown fruits. Visitors also learn to distinguish between the four kinds of durian.

Enjoy Local Cuisine and Processed Fruits

Apart from touring the orchard, visitors can also enjoy the local food as well as processed fruits; such as, rambutan in syrup.



Interesting Info

When buying durian, good quality ones can be chosen by shaking the durian and listening to the sound it makes. If there is no sound, the fruit is too ripe. If there is a knocking sound, the fruit is not ripe enough.









Rayong Fruit Fair

Annually held at the Taphong Fruit Market in May, the Rayong Fruit Fair features fruit parades, fruit competitions, and an exhibition of local agricultural products. This fair is also the opportunity for visitors to taste and buy a vast selection of freshly-picked produce from the orchards.

Khao Yai Da Visit

Near the Taphong Agro-tourism Centre is Khao Yai Da, a forested hill endowed with beautiful natural resources. This is where visitors can learn more about the ecology as well as forest and water management performed through the check dams built by the community.

Learn & Earn

The Taphong Agro-tourism Centre is made up of several orchards that grow fruits as their way of living. A visit to these orchards enables visitors to get an on-hands experience of tropical fruit cultivation, learn the growing techniques, and manage the integrated agricultural system.



Taphong Agro-tourism Centre Information

Facilities:

- Homestay
- Food

For more information, please contact:

Suan Lamduan: +66 (89) 933 3798

Suan Lung Thongbai: 466 (89) 810 6411

Suan Panan: Tel. (81) 300 9518, +66 (87) 614 1882 Suan Phon Siri: +66 (85) 047 8636, +66 (81) 001 8490

Suan Phuyai Sawet: 466 (86) 149 6268

Suan Yai Da: 466 (89) 099 1297, +66 (89) 043 1330

Remark: It is recommended that visitors to the Taphong Agrotourism
Centre use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

May to July: Harvest season for rambutans, mangosteens, longkongs, durian, longan, and dragon fruit.

July to October: Harvest season for pineapples, langsat, zalacca, longans, and dragon fruit.

How to Get There:

Take Highway 3 (Rayong-Chanthaburi) toward the Taphong Fruit Market, and take the Taphong-Yai Da Road. Proceed for another 4 km. to see signs to various orchards around the area.

⊕ N 12° 38′ 36″ E 101° 21′ 19″

Useful Contact Information in Rayong

Tourism Authority of Thailand (TAT) Rayong Office Highway Police Tourist Police +66 (38) 655 420-1, +66 (38) 664 585 1193, +66 (38) 611 203 155, +66 (38) 651 669

• For more information on accommodation, restaurants, and attractions in Rayong, please visit www.tourismthailand.org/rayong



🛔 🖔 🖔 Sa Kaeo Province 🛔 🖔 🖔





Kasorn Kasivit Water Buffalo Agricultural School

Rice is the main agricultural crop in Thailand and water buffaloes played a crucial role in rice cultivation in the past. Nowadays, tractors are gradually replacing the water buffaloes as they are more convenient and produce faster results when ploughing the rice fields. However, farmers do not realise that the tractors actually damage the soil in the long run, and that buying tractors is an investment that puts them into debt due to fuel and maintenance costs.



The Kasorn Kasivit Water Buffalo Agricultural School was established by HRH Princess Maha Chakri Sirindhorn, the Executive Chairperson of the Chaipattana Foundation, who is aware of this problem. HRH Princess Sirindhorn wants this school to preserve the traditional methods of rice cultivation, and help the farmers to understand H.M. King Bhumibol's sufficiency philosophy. The Kasorn Kasivit Water Buffalo Agricultural School is the first school in the country that teaches both farmers and buffaloes, and serves as a vocational institution that trains buffaloes and farmers to work together, as well as provides other visitors with traditional agricultural practices.



10-day Training Course

- Aim: The main activity at the Kasorn Kasivit Water Buffalo Agricultural School is to provide an intensive 10-day training course to farmers and their buffaloes. The course aims to produce the most efficient buffaloes and farmers who can effectively train and command their buffaloes.
- The Instructors: There are less than 10 instructors at the school. These are experienced farmers who are expert in buffalo training and agriculture. Even though they do not hold degrees in agriculture or teaching, these instructors are highly respected as they have been carefully selected from over 200 farmers from all over the country.
- The Teachers: Experienced buffaloes are regarded as teachers because they teach both buffaloes and farmers.
- The Students: Farmers and their buffaloes are both students. Farmers who do not own a buffalo can get one from the Royal Cattle and Buffalo Bank for Farmers that works in cooperation with the school. If the buffalo later produces a calf, the farmer then must turn the calf over to the bank as an exchange.
- The Training: The training contains theoretical and practical parts. The course provides farmers with comprehensive knowledge of traditional rice-growing techniques, and using a buffalo, rope, and plough, rather than tractors. The relationship between farmer and buffalo is important as they are interdependent. The course starts by teaching farmers and buffaloes to work together as a team. The training then continues in the practice rice fields where the teacher-buffalo models for the new buffaloes, learning to plough by following closely behind under command from the farmers. The course also includes how to take care of the buffaloes, operate rice farms, and maintain financial records.

Interesting Info

HRH Princess Maha Chakri Sirindhorn named the school "Kasorn Kasivit" because "kasorn" means buffaloes and "kasivit" refers to agricultural science. When put together, "Kasorn Kasivit" means an institute that teaches about buffaloes and agriculture.

Activities within the Site

Buffalo Training

Apart from witnessing the buffalo training, visitors can also learn how to give commands to the buffalo; such as, 'turn left,' 'turn right,' or 'go straight,' and practice ploughing with them in the rice field.

Traditional Rice Farming Method

The school has an open-air museum displaying ancient agricultural tools and equipment. Instructors explain about the origin and usage of each of these farming tools as well as traditional rice farming techniques. During harvesting season, visitors also learn how to harvest rice using traditional methods.

Interesting Info

To familiarise yourself with the buffalo, try to stroke the buffalo's chin and nose for him to recognise your smell. It is also a way of showing that you are gentle.







Practical Applications of Sustainable Living To promote sustainable living and conserve natural resources, the school

provides demonstrations on how to build earthen homes as well as produce biogas and organic fertiliser.

Learn & Earn

Rice farmers have always had a close relationship with water buffaloes. Even though modern technology has introduced tractors to help optimise the rice yield, the cost of these tractors is much more than that incurred by the use of traditional methods involving buffaloes. The Kasorn Kasivit Water Buffalo Agricultural School preserves the time-honoured local wisdom of growing rice in the traditional way, as well as teaches farmers and the public the fundamental concepts of the agricultural way of life of H.M. the King's sufficiency economy philosophy.



Kasorn Kasivit Water Buffalo Agricultural School

Facilities:

- Accommodation
- Food

For more information, please contact:

Kasorn Kasivit Water Buffalo Agricultural School:

+66 (37) 244 657, +66 (88) 289 1299

Remark: It is recommended that visitors to the Kasorn Kasivit Water Buffalo Agricultural School use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

The Kasorn Kasivit Water Buffalo Agricultural School can be visited all year round.

How to Get There:

The school is located on Highway 33, about 5 km. from Amphoe Mueang Sa Kaeo.

⊕ N 12° 38′ 36″ E 101° 21′ 19″

Useful Contact Information in Sa Kaeo

Tourism Authority of Thailand (TAT) Nakhon Nayok Office Highway Police

Tourist Police

+66 (37) 312 282, +66 (37) 312 284 1193, +66 (37) 213 498, +66 (37) 290 066

1155, +66 (37) 230 200

• For more information on accommodation, restaurants, and attractions in Sa Kaeo, please visit www.tourismthailand.org/sa-kaeo



Exotic Thai Fruits and Mangrove Forests - Rayong Province-Chanthaburi Province

The East is famous for its fruits and this route begins by tasting various kinds of Thai fruits; such as, durian, mangosteen, and dragon fruits at the Taphong Agro-tourism Centre in Rayong Province. Travel to Chanthaburi Province and explore the fertile mangrove forests at the Khung Kraben Bay Royal Development Study Centre and then visit the aquarium. Continue to the Tambon Phlio Agro-tourism Centre to enjoy a colourful and tasty fruit buffet and finish the trip by taking a stroll along the Chanthabun River to enjoy the tranquil view of traditional wooden houses.

The Story of Buffaloes and Agriculture – Sa Kaeo Province

The Kasorn Kasivit Water Buffalo Agricultural School, near Amphoe Mueang Sa Kaeo, is where buffaloes, farmers, and interested people learn about traditional methods of rice cultivation. Afterwards, travel to Khao Chakan, a mountain containing over 70 caves, a temple, botanical garden, and a lovely viewing area.





Northeast

The Northeast plateau of Thailand, known locally as Isan, is a region seldom visited by tourists and often perceived as an area frequently suffering from drought. The fact, however, is that this region has abundance of natural resources and the majority of the people are involved in some form of agriculture.

Throughout the region, especially in the rural areas, visitors are presented with a vast area quilted with green and fertile rice paddies and farmland areas. Even though the Northeastern soil is infertile, highly acidic and saline with low water retention, farmers have learnt to adapt their agricultural practices to make the most out of their resources. Irrigation systems, new theory agriculture, organic farming, integrated farming, agro-forestry, and conservation of natural resources have been introduced to and practised by the farmers in the search for sustainable agriculture.

The concept of self-sufficiency has encouraged farmers to develop several techniques, mostly acquired from their own experiences and problems they have faced, and implemented them at household and community levels. One of the techniques is to grow plants that have several productive uses; such as, the growing of perennial plants and/or bamboo as natural fences around the perimeters of their land to help withstand the dramatic climatic conditions of the Northeast and to prevent soil erosion

The Northeast is the most traditional part of the country where locals preserve their time-honoured customs and local wisdom as part of their daily lives. Women in the Northeast traditionally have woven silk for their own use for centuries and today, sericulture is practised widely throughout the region, generating an important source of income for the families and contributing significantly to the economy.

A visit to the Northeast shows visitors how locals have learnt to be self-reliant under challenging ecological and social conditions. Agricultural practices combined with valuable local wisdom and a strong instinct to survive have turned the once dry Northeast into a pleasant, verdant region.



🛓 🖢 Nakhon Ratchasima Province







A trip to Suan Lung Chok enables visitors to learn several aspects of sustainable agriculture, ranging from natural farming, integrated farming, agro-forestry, and natural resource management.

The owner, Lung Chok (Uncle Chok), suffered significant loss of property due to fires, and, learning from previous mistakes, he established an agro-forestry system that combines agriculture and forestry, and benefits all types of plants and trees, optimises production, and is sustainable.



Activities within the Site

Sustainable Agro-forestry

Visitors to Suan Lung Chok learn about sustainable agro-forestry by taking an agro-forestry walk that involves various information stations. Each station teaches visitors the importance of natural resources; such as, soil, forestry, and agriculture, their inter-relationship, and humans' reliance on the sustainability of these resources.

Herbal Story

Numerous types of herbs are grown at Suan Lung Chok, and visitors can observe the cultivation, learn their properties, and make herbal compresses.





Water Nourishes Life

Water is a crucial factor in human, plant, and animal life, and Suan Lung Chok highlights its importance through the natural reservoir. Visitors discover that cover cropping and growing perennial plants are natural techniques that help the storage of water and prevent soil erosion.

Interesting Info

Numerous rows of bamboo trees greet visitors as they enter Suan Lung Chok. Their beauty is apparent, but they also help hold the soil together and prevent wind which may cause hazardous wildfires.

Learn & Earn

Visitors to Suan Lung Chok are provided with opportunities to explore the world of sustainable agro-forestry, appreciate nature, and explore its relationship with humans. Suan Lung Chok provides excellent examples of nature's work, the impact of humans on natural ecosystems, and productive use of natural resources.



Suan Lung Chok Information

Facilities:

- Accommodation
- Food

For more information, please contact:

Recommended Time to Visit:

Suan Lung Chok can be visited all year round.

How to Get There:

Take the Lam Luk Ka-Nakhon Nayok Road, passing Prachin Buri and head towards Amphoe Wang Nam Khiao. Proceed to Highway 304 and turn left at the 79th km. marker and continue for another 11 km.

N 14° 23′ 50″ E 101° 45′ 03″



Suan Lung Krai



Located in Wang Nam Khiao, dubbed the Switzerland of Northeastern Thailand due to its picturesque scenery and cool temperatures, Suan Lung Krai (Uncle Krai's Farm) is where visitors can enjoy agriculture and entertainment. The owner of the farm, Lung Krai (Uncle Krai), considers humans as part of, but not the owners, of the world, therefore he focuses on the idea that humans must learn to live in harmony with other organisms and respect nature.

Suan Lung Krai was the first farm in Wang Nam Khiao that operated on a 100% chemical-free basis, and it is where visitors can enjoy a pesticide- and chemical-free time with nature while learning a step-by-step process to grow vegetables from Lung Krai.



Activities within the Site

Organic Approach to Temperate Vegetable Farming

Outdoor School: Visitors learn how to grow temperate vegetables organically; such as, Red Oak, Green Oak, Butterhead lettuce, and Iceberg lettuce.

Temperate Farming Process: Lung Krai teaches visitors all steps of farming, involving preparation of the soil, propagation of seeds, planting seedlings, watering garden plots, and harvesting vegetables.

Organic Approach: Pesticides and chemicals are not used in the farming process at Suan Lung Krai. Lung Krai believes that sustainable agricultural systems rely on natural ecosystems and that humans should not use chemicals that damage the environment.







Learn & Earn

Suan Lung Krai teaches visitors to grow vegetables, understand plants, and learn to live harmoniously with nature. It is important that people acknowledge the fact that pests are also part of the ecosystem, and the use of pesticides and chemicals does more harm than good to the plants, as well as to the surrounding environment.

Suan Lung Krai Information

Facilities:

- Accommodation
- Food

For more information, please contact:

Suan Lung Krai: 466 (81) 274 6961, +66 (86) 259 5755, +66 (81) 955 9461

Remark: It is recommended that visitors to Suan Lung Krai use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

Krai believes that music improves growth, yields,

and the quality of the vegetables.

Suan Lung Krai can be visited all year round.

How to Get There:

From Highway 304 (Kabin Buri-Pak Thong Chai) turn to Thai Samakkhi village and proceed towards Pha Kep Tawan. Proceed further and turn left following the sign to Suan Lung Krai.

• N 14° 21′ 09″ E 101° 56′ 24″

Useful Contact Information in Nakhon Ratchasima

Tourism Authority of Thailand (TAT) Nakhon Ratchasima Office +66 (44) 213 666, +66 (44) 213 030

Highway Police 1193, +66 (44) 311 557, +66 (44) 313 777

Tourist Police 1155, +66 (44) 341 777-9

• For more information on accommodation, restaurants, and attractions in Nakhon Ratchasima, please visit www.tourismthailand.org/nakhon-ratchasima







Samtarom Agro-tourism Centre





Samtarom village in Amphoe Kantharalak is well-known as a place in the northeastern region where a variety of agricultural products from all over the country can be grown. The fertile soil combined with a good supply of water allows Samtarom village to grow rambutans, durians, and mangosteens from the Eastern region, rubber trees and longkongs from the South, santols, pomeloes, and mangoes from the Central region, and longans and lychees from the North.

Samtarom Agro-tourism Centre was established as a result of the success of the cultivation of several tropical fruits, particularly durians and rambutans. The quality and taste of durians from Samtarom village is recognised in Thailand and overseas, many being exported. The Tourism Authority of Thailand (TAT) in conjunction with Si Sa Ket Province organises orchard tours and tasting sessions at the Samtarom Agro-tourism Centre to promote these premium fruits.

Activities within the Site

Orchard Tour

The orchard tour enables visitors to explore the different kinds of fruit grown here, especially durians and rambutans, learn about the growing techniques, and taste the fruit off the trees.



Interesting Info

The wood from the durian tree provides good material for the manufacture of ladies' high heel shoes, being light, easy to shape, and durable.

Rambutan-Durian Festival

Held in June every year, the Rambutan-Durian Festival features stalls displaying and selling rambutans, durians, and other local agricultural produce; such as, pumpkins, sweet corns, longans, and mangosteens. Other activities include a fruit parade, contests, and a fruit-eating competition.



Learn & Earn

The Samtarom Agro-tourism Centre has proved to locals and visitors that, even though the geographical location may not be ideal, with determination, patience, understanding, and proper care, excellent durians and rambutans can be produced and marketed.



Samtarom Agro-tourism Centre Information

Facilities:

For more information, please contact:

Khun Damrat Onsuang, Agricultural Extension Officer from the Amphoe Kantharalak Agricultural Office:

+66 (45) 661 878, +66 (84) 756 4025

Khun Thotsaphon Suwachan, Head of the Samtarom Agrotourism Centre: +66 (83) 797 8856

Remark: It is recommended that visitors to the Samtarom Agro-tourism Centre use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

May-August: Harvest season for rambutans, longans, and durians.

How to Get There:

Take Highway 221 and turn right at the Kan Chang Intersection towards Highway 24 (Chok Chai-Det Udom). The Samtarom Agro-tourism Centre is located about 15 km. from Amphoe Kantharalak.

⊕ N 14° 43′ 31″ E 104° 36′ 58″

Useful Contact Information in Si Sa Ket

Tourism Authority of Thailand (TAT) Surin Office Highway Police Tourist Police +66 (44) 514 447-8, +66 (44) 518 529 1193, +66 (44) 143 125-7 1155

• For more information on accommodation, restaurants, and attractions in Si Sa Ket, please visit www.tourismthailand.ora/si-sa-ket

🛓 🖠 Surin Province





Thai silk is famous around the world and sericulture (silk farming) and the art of silk-weaving has been a part of Thai culture for centuries, especially in the Northeastern region. Practised mainly by women, sericulture comprises cultivating mulberries, rearing silkworms, producing raw silk, dyeing silk thread, and weaving silk.

Her Majesty Queen Sirikit, in an attempt to maintain Thai silk as part of the country's cultural heritage, made a great contribution to the development and promotion of the silk industry. The Queen Sirikit Sericulture Centre was established in Surin province, as well as in many other provinces across the country, to sustainably restore and conserve sericulture in the country. The Centre not only preserves precious community knowledge but also generates income for locals, increases efficiency, improves the quality of the silk production, and passes on cultural heritage to the younger generation and visitors.



Activities within the Site

Mulberry Cultivation

Visitors to the Queen Sirikit Sericulture Centre learn about the growing of mulberries, rearing silkworms, and production of raw silk and silk products.



Rearing Silkworms

The Centre outlines the four stages of silkworm development:







- Egg: Female moths lay eggs, which take about 9-12 days to hatch.
- Larva: During this process the larvae munch on fresh mulberry leaves and after moulting, their bodies become slightly yellow showing that they are fully mature. Taking about 27-30 days, this is the longest stage of the silkworm life cycle.
- Pupa: Larvae are transferred to bamboo trays and allowed to produce fluid through the spinnerets on their mouths. The fluid in contact with the air becomes silk thread that larvae spin around themselves to form cocoons. The yellowish larvae then turn into brown pupae inside the golden cocoons.
- Moth: After about 2-3 weeks, brown pupae turn into moths and emerge from the cocoons. Once they emerge from the cocoons, they look for opposite-sex moths to mate with and other life cycles start again.



Raw Silk Production

After exploring the lifecycle of the silkworms, visitors learn the process of raw silk production:

Cocoon Cooking: Harvested and selected cocoons are placed in boiling water to soften the sericin, a type of protein created by the silkworms, and to loosen the filaments.

Reeling: The cocoons are lightly brushed with wooden spatulas to find the ends of the filaments, and these are carefully unwound from the cocoons. Several fine strands are collected and then reeled into single threads.

Re-reeling: The long threads of filament are transferred from small reels into large skeins of raw silk with a standard circumference of 150 cm.





Throwing and Doubling: A worker (known as a throwster) twists the raw silk into different types of silk yarn by revolving by hand two or more strands of reeled silk using two sets of bobbins at different speeds to create stronger threads.

Degumming: Silk yarn is boiled to remove all the sericin to produce better quality, softer silk.

Interesting Info

Rearing silkworms requires proper care with a lot of attention to detail. The quality of the mulberry leaves the silkworms eat, the hygiene, and the environment of the containers in which they are raised are important because the health of the silkworms is reflected in the quality of the silk that is produced.



Interesting Info

Silk is widely used in medical treatments because it is a natural protein fibre and makes good sutures to stitch wounds in plastic surgery, surgical procedures, and dental surgery.

Silk Dyeing Process

The silk dyeing process at the Queen Sirikit Sericulture Centre illustrates the valuable local wisdom that Thai people have had for centuries. The process starts with washing, bleaching, and drying the silk thread before dyeing with natural colouring substances. The colours for dyeing are extracted from natural resources; such as, the indigo plant that gives a beautiful blue colour.

Shop for Sericulture Products

The products of sericulture, whether they are silk or the cocoons, can be made into a variety of beautiful souvenirs to take home. Visitors enjoy shopping for products, ranging from silk fabric, clothes made from silk, and items made from cocoons; such as, accessories, key rings, and decorative flowers.

Learn & Earn

Visitors to the Queen Sirikit Sericulture Centre explore the world of sericulture and understand the origin of Thai silk, one of the country's most famous products. Sericulture is an important part of Thai culture and visitors discover that growing mulberries, rearing silkworms, and hand-reeling and weaving silk are beautiful, delicate, traditional skills passed on from generation to generation.



Queen Sirikit Sericulture Centre Information

Facilities:

Parking

For more information, please contact:
Queen Sirikit Sericulture Centre: +66 (44) 511 393
Remark: It is recommended that visitors to the Queen Sirikit
Sericulture Centre use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

The Queen Sirikit Sericulture Centre can be visited all year round.

How to Get There:

The Queen Sirikit Sericulture Centre is located on the 3rd km. marker of Highway 226 (Surin-Buri Ram).

P N 14° 53 '33" E 103° 26' 60"

Useful Contact Information in Surin

Tourism Authority of Thailand (TAT) Surin Office Highway Police Tourist Police +66 (44) 514 447-8, +66 (44) 518 529 1193, +66 (44) 143 125-7 1155, +66 (44) 341 777

• For more information on accommodation, restaurants, and attractions in Surin, please visit www.tourismthailand.org/surin



Suggested Routes: Northeastern Region



Organic Temperate Vegetable and Sustainable Agro-forestry - Nakhon Ratchasima Province

Wang Nam Khiao is home to several farms, and a great place to begin the journey is Suan Lung Krai, which grows temperate vegetables on a pesticide- and chemical-free basis. Nearby is Suan Lung Chok, an area that promotes the practice of sustainable agro-forestry. To complete the trip, visit Khao Phaeng Ma to enjoy its beauty and, if lucky, catch a glimpse of the gaur.

The Silk Road and the Story of Durian - Surin Province - Si Sa Ket Province

Begin the trip by visiting the Queen Sirikit Sericulture Centre in Surin Province and learn about the production of Thai silk, from the rearing of silkworms to the weaving of the fabric. Travel on to Si Sa Ket Province and enjoy tasting and exploring the cultivation of different kinds of Thai fruits, especially durian, at the Samtarom Agro-tourism Centre. Before leaving Si Sa Ket, stop by at Wat Lan Khuat, a temple built out of bottles, and Pha Mo I Daeng, a rock plateau on a high cliff overlooking the Thai-Cambodian border.





South

Southern Thailand consists of a long peninsula with the Andaman Sea on the West and the Gulf of Thailand to the East. It is geographically and culturally different from other regions of the country, blessed with impressive beaches and offshore islands, mountains, rich forests, and an abundance of natural resources that allows the local people to participate in various kinds of agricultural activities.

The majority of the people residing by the sea are involved in fishing. There is a variety of seafood that provides a good source of food for local people and a valuable means of generating income for the communities. The wisdom that has been handed down through the generations combined with modern techniques and research has seen the emergence of several unique fishing methods rarely found elsewhere. Land-based agricultural interests are in rubber, coconut, and fruit plantations.

There are many local handicrafts produced, allowing the locals to preserve and practise their traditional skills, use locally-available natural resources, and develop their concept of the self-sufficiency concept. These handicrafts include batik fabrics, tie-dye fabrics, hand-woven cotton, and reed mats.

The South provides the opportunity for visitors to learn the importance of the peaceful co-existence and inter-dependence between the people and nature. Despite the bountiful natural resources, the locals are conscious of the need to conserve appropriately to avoid future scarcity. This determination to live comfortably, earn a reasonable income without damaging the environment, and preserve local wisdom allows the people of the South to live in harmony with nature and sustain the valuable natural resources.





* Nakhon Si Thammarat Province



Ban Khiri Wong is a peaceful community located at the foot of Khao Luang, the highest mountain in the southern region. The villagers lead a simple life co-existing harmoniously with nature. The floods and mudslides that claimed many lives in this area in 1988 led the locals to commit to the preservation of the natural environment, and the severe drought in 1996 taught them that they could not rely solely on agricultural activity to live a sustainable life. These catastrophes have taken away many things from the villagers but they have also created a group called 'Ban Khiri Wong' in which several small groups of people gathered together to rebuild their community.



Growing and selling fruits from the orchards is still the main occupation of the villagers at Ban Khiri Wong but they also use their knowledge and local wisdom to develop products from natural resources. As the community is located in the upper regions of the waterway, the villagers are determined to produce goods without the use of chemicals so that people downstream are not affected. Visitors are able to explore different groups at Ban Khiri Wong that contribute to making this place a great ecotourism destination.

Activities within the Site





Orchard Tour

Ban Khiri Wong organically grows a variety of crops; such as, mangosteens, rambutans, durians, parkia, and betel nuts, in the same orchard. Touring the orchards enables visitors to learn that not only does this integrated farming system help to increase the nutritional value of the soil and produce better crop yields, but it also allows the harvesting of different kinds of fruits all year round. Apart from selling fresh produce from the orchard, the villagers manufacture processed goods; such as, durian paste and fermented parkia.

Herbal Group

The herbal group makes good use of the abundant supplies of mangosteens and manufactures mangosteen soap. This soap reflects useful local wisdom in the combination of the benefits of herbs and the husks of the mangosteens to create a product with tremendous therapeutic value. Visitors can observe the production process of the soap and learn some of its benefits, for example, the reduction of acne and the lightening of the skin.



Natural Tie-Dye Fabric Group

A visit to the tie-dye fabric group allows visitors to witness the wonders of nature and the locals' unique wisdom. The tie-dying process starts with tying the fabric with two small pieces of bamboo and a rubber band according to the chosen pattern, and then immersing it in a basin containing liquid dye. The group uses natural dyes from leaves, husks, and kernels of plants easily found in the local area. Once the dying is complete, the bamboo and rubber band are removed to reveal beautifully patterned fabric.





Batik-making Group

Batik-making is commonly found in the southern part of Thailand and Ban Khiri Wong illustrates to visitors how this intricate work of art is done. Visitors observe the step-by-step process involving:

- Applying wax: Drawing the pattern on the fabric with wax to prevent the colour from touching the fabric on application.
- Colouring: Colouring the fabric with natural shades.
- Drying: Completely drying the fabric.
- Boiling: Boiling the fabric so the wax melts, creating a batik effect.











Lukmai Group

Another interesting group at Ban Khiri Wong is the Lukmai Group that produces a variety of jewellery and accessories from natural materials; such as, wax cords, dried fruit shells, and river stones. Visitors can observe the manufacturing process and buy an array of unique handmade jewellery.

Ban Khiri Wong Product Distribution Centre

After seeing all the groups at work, visitors are able to shop for products at the Ban Khiri Wong Product Distribution Centre.



Outdoor Activities

Apart from observing the groups at Ban Khiri Wong, visitors can also enjoy soaking in the cool waterfall, swim in the stream, trek the nature trail around the village, and make a trip to Khao Luang National Park.

Interesting Info

The tie-dying group uses small pieces of bamboo and rubber bands rather than clothes pins because the pins contain metal which changes the colour of the natural dye and produces rust that contaminates the natural water supply.

Learn & Earn

The villagers of Ban Khiri Wong set a good example to people who have been devastated by natural disasters that they should not give up and blame nature. The community is full of optimism and understanding of nature and chooses to preserve natural resources to lessen the effects, should misfortune happen again. At the same time, they provide themselves with the opportunity to live sustainably through their agricultural efforts and create products that reflect the unique identity of Ban Khiri Wong.



Ban Khiri Wong Information

Facilities:

- Accommodation
- Homestay
- Off-road Dirt Bike
- Motorcycle Taxi

For more information, please contact:

Ban Khiri Wong Tourism Development Centre:

+66 (75) 533 370, +66 (75) 533 113, +66 (86) 788 8718

Remark: It is recommended that visitors to Ban Khiri Wong use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

August-October: Fruit-harvesting season
Remark: Ban Khiri Wong can be visited all year round.

How to Get There:

Take Highway 4016 and turn left at the Ban Tan Intersection towards Highway 4015 for about 9 km. Turn left at the Sangkasi Intersection and proceed for another 9 km. to reach Ban Khiri Wong. Visitors can also get there by taking a Song-Thaeo (local taxi/bus) from Talat Yao. departing regularly from 7.00 a.m to 4.00 p.m.

D N 08° 25′ 57″ E 99° 46′ 44″

Useful Contact Information in Nakhon Si Thammarat

Tourism Authority of Thailand (TAT) Nakhon Si Thammarat Office

Highway Police Tourist Police 1193, +66 (75) 366 508, +66 (75) 341 175

1155

• For more information on accommodation, restaurants, and attractions in Nakhon Si Thammarat, please visit www.tourismthailand.org/nakhon-si-thammarat



B B Phatthalung Province





Amphoe Khuan Khanun of Phatthalung Province embraces a lake so big that it is called 'Thale Noi' (little sea). Thale Noi is renowned for its tranquility, the beauty of its natural surroundings, and amongst bird-watchers as the home of different types of waterfowl.



The rich diversity of the ecosystem at Thale Noi and the way of life of the local people are inter-dependent and create a perfect food chain. Poles cut from the swamp that the fishing communities stick in the mud to secure their fishing nets become perches for birds and anchorage for floating vegetation; such as, reeds. The birds use the poles to rest on and their droppings become a rich source of nutrients for the plants. The plants provide shelter and food for fish, and the birds and the locals eat the fish.

Visitors to the Thale Noi Agro-tourism Centre learn about this intriguing ecosystem and the various ways in which the locals use the natural resources.

Activities within the Site



Thale Noi Bird Sanctuary

The Thale Noi Bird Sanctuary is the largest of its kind in Thailand and is the first non-hunting area in the country. Regarded as one of the most popular bird-watching destinations, visitors can observe over 150 species of waterfowl; such as, Purple Swamphen, Lesser Whistling Duck, and Painted Stork.

Exploring the Fishing Communities' Way of Life

Fishing communities at Thale Noi start their day early and visitors can join them on their trip to Khlong Nang Riam, a canal that connects Thale Noi to Songkhla Lake. Khlong Nang Riam is where the 'Yo Yak' or the giant square fishnets are dropped to catch the fish. Visitors can simply observe or learn the 'Yok Yo' technique, which involves raising the traps from the water to collect the fish.

Boat Tour

The boat tour around Thale Noi allows visitors to marvel at the beauty of countless water lilies and lotuses carpeting the surface of the lake. These naturally growing water plants are mostly pink, but whites and purples are also found, providing a colourful contrast to the crystal clear water of the lake.



Capturing the Moment of Tranquility

A 5.45-km.-long bridge was built spanning the lake to connect Amphoe Khuan Khanun of Phatthalung province and Amphoe Ranot of Songkhla province in commemoration of His Majesty the King's 80th Birthday Anniversary. The scenery on both sides of this bridge is especially fascinating at sunset when visitors can see the reflection of the sky on the water's surface from various viewpoints on the bridge. If lucky, visitors can catch glimpses of the water buffaloes and waterfowl as well.



Thale Noi Krachut Weaving Village

Thale Noi is not only endowed with water lilies and lotuses but also many kinds of reeds. One of the most commonly found reeds is 'krachut' or bulrush, which the women of Thale Noi harvest from the waters and weave into a variety of handicraft products. A trip to the Krachut Weaving Village allows visitors to observe the skillful transformation of krachut into beautifully woven floor mats, hats, and other products.



Interesting Info



Yo is a unique square-shaped fishnet with four corners tied to a handle made of bamboo in a cross pattern. Small Yo is used to catch fish in still and shallow water whereas giant Yo is used in deep water.



Khlong Pak Pra Homestay

Apart from providing friendly and comfortable accommodation, Khlong Pak Pra Homestay also serves as a learning centre where visitors can develop an awareness of the history and customs of the people of Thale Noi, its ecosystem and agricultural activities, and the fishing communities' way of life, as well as learn to cook and taste the delicious local cuisine.

From Amphoe Khuan Khanun, take the Thale
 Noi - Lam Pam Road and the Khlong Pak Pra Homestay
 is situated at the 11th km. marker.

♠ N 07° 43′ 48″ E 100° 08′ 38″

Learn & Earn

Thale Noi is a place of astonishing natural beauty where people and an amazing variety of plants, animals, and birds live together in harmony. The delicate balance of the ecosystem coupled with the locals' commitment to conservation of the natural resources has led Thale Noi to be Thailand's richest wetland and a haven for waterfowl. The Thale Noi Agro-tourism Centre provides opportunities for visitors to learn and understand the concept of well-balanced ecosystem.



Thale Noi Agro-tourism Centre Information

Facilities:

- Homestay
- Long-tail Boats

For more information, please contact:
Ban Khlong Pak Pra: +66 (81) 748 8271
Remark: It is recommended that visitors to the
Thale Noi Agro-tourism Centre use a tour guide,
as there may be a language barrier.

Recommended Time to Visit:

December-April: Pink lotus is in full bloom and this is the time to see the migratory birds gathering in the area.

Remark: The Thale Noi Agro-tourism Centre can be visited all year round.

How to Get There:

From Amphoe Mueang Phatthalung, take Highway 4048 and proceed through Amphoe Khuan Khanun and Talat Pak Khlong to reach Thale Noi, a total distance of 32 km.

⊕ N 07° 47′ 23″ E 100° 07′ 27″

Useful Contact Information in Phatthalung

Tourism Authority of Thailand (TAT) Hat Yai Office Highway Police Tourist Police +66 (74) 243 747, +66 (74) 238 518

1193, +66 (74) 611 676

1155

• For more information on accommodation, restaurants, and attractions in Phatthalung, please visit www.tourismthailand.org/phatthalung



🛓 🖠 🖢 Songkhla Province



Ko Yo is a small, quiet island where most of the men fish and grow chempedak, a kind of small, sweet jackfruit, and the women make handwoven cotton at home. Depending on the tides at the time, the water surrounding the island may be seawater, freshwater, or brackish water. This natural phenomenon provides Ko Yo with a variety and abundance of aquatic resources.



The richness of nature at Ko Yo allows the locals to live happy, healthy lives and they support the natural environment by participating in chemical-free agricultural and fishing activities. Visitors are able to inspect the organic fruit orchards and observe fishermen using a sai, a traditional piece of fishing equipment made of bamboo and netting, to catch prawns and other aquatic creatures.

Activities within the Site

Chempedak-tasting

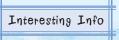
Apart from learning about the cultivation of chempedak, visitors can also taste them and observe the locals weaving coconut leaves into 'khro' to protect the almost fully-grown chempedak from insects.





Learn Prawn-catching Techniques Prawn-catchina starts in the evening when the fis

Prawn-catching starts in the evening when the fishermen sail their boats out to sea and hang lamps over the sais to attract the prawns. In the morning, visitors watch as the fishermen get the prawns from the traps by sitting on the sais and slowly revolving the beams to lift the nets full of prawns from the bottom of the sea.



There are many different types of sais; such as, 'sai non' (horizontal fish trap) and 'sai nang' (sitting cage). Most of the fishermen at Ko Yo use sai nang.





Living on a Khanam

A trip to Ko Yo would not be complete without experiencing a fisherman's way of life by spending a quiet and peaceful night on a 'khanam,' a floating house situated in the middle of the sea.

Handwoven Cotton

Handwoven cotton at Ko Yo is famous for its unique patterns and designs. Visitors observe the women weaving the fabric on traditional looms and then are able to buy the finished products as souvenirs.



Learn & Earn

The people of Ko Yo have realised how important nature is to their lives and appreciate nature's gifts in terms of the wealth of aquatic resources and the fertility of the soil that enables them to be involved in sustainable agriculture. Visitors are able to witness the efforts of the community in its agricultural and fishing activities to protect nature from harm through the use of local wisdom; such as, khro instead of pesticides, and traditional prawn-catching techniques.

Ko Yo Homestay Information

Facilities:

- Accommodation
- Food
- Parking

For more information, please contact:
Ko Yo Homestay: +66 (74) 450 390
Remark: It is recommended that visitors to the Ko
Yo Homestay use a tour guide, as there may be
a language barrier.

Recommended Time to Visit:

The Ko Yo Homestay can be visited all year round.

How to Get There:

Take Highway 4 (Phetchakasem) towards Highway 41 and turn left at Amphoe Phunphin to Highway 401. Proceed further to take Highway 408 and cross the Tinsulanonda Bridge to reach Ko Yo.

⊕ N 07° 09′ 13″ E 100° 31′ 41″

Useful Contact Information in Songkhla

Tourism Authority of Thailand (TAT) Hat Yai Office Highway Police Tourist Police +66 (74) 243 747, +66 (74) 238 518, +66 (74) 231 055

1193, +66 (74) 211 222-3

1155, +66 (74) 246 733, +66 (74) 220 778

 For more information on accommodation, restaurants, and attractions in Songkhla, please visit www.tourismthailand.org/songkhla

§ § Surat Thani Province





Khlong Bang Bai Mai and Khlong Roi Sai Community



Hidden in the bustle of the city of Surat Thani is a tranquil, canal-based neighbourhood called Khlong Bang Bai Mai and Khlong Roi Sai Community. Here, visitors are welcomed by warm, friendly locals. Khlong Bang Bai Mai is part of the Khlong Roi Sai (Hundred Canals) which itself is part of the Tapi River, the longest river in the southern region of Thailand. Surrounded by a diverse natural environment, the people of Khlong Bang Bai Mai and Khlong Roi Sai Community live a simple and peaceful way of life in accordance with nature.

A boat trip to this community enables visitors to see nipa palm trees growing plentifully along both sides of the canals and visitors can explore the locals' use of the abundant supplies of this plant, an excellent example of the application of local wisdom in the conservation of nature.



Activities within the Site





Wonders of Nipa Palm Leaves

Thai families have used household products made from nipa palm leaves for centuries and here visitors can observe the villagers' skills and try their hands at weaving the leaves into roofing material. Another fun-filled activity is learning to make 'khanom chak,' a traditional Thai dessert made of flour, coconut, and sugar, and trying to wrap khanom chak in nipa palm leaves before charcoal-arilling.

Monkey Training Centre

Apart from nipa palm groves, Khlong Bang Bai Mai also has coconut plantations. The training centre teaches monkeys to assist the locals in their agricultural activities by climbing the coconut trees and collecting coconuts.



Visit the Hua Laem Phatthana Community

The Hua Laem Phatthana Community focuses on simple, chemicalfree agricultural activities. Visitors are welcome to explore the local lifestyle which involves the growing of organic vegetables, cultivation of mushrooms in earthen jars, and preservation of food by making salted

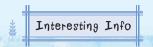
Paying Homage to Luangpho Khao Suk

Not far from the Hua Laem Phatthana Community is Wat Bang Bai Mai that enshrines Luangpho Khao Suk, a highly revered Buddha image made of rice from the alms bowl.



Live a Traditional Thai Lifestyle

Visitors are invited to stay at a homestay with locals. They can experience the traditional way of life, taste delicious local food, and enjoy the relaxing atmosphere of a house by the river.



The nipa palm leaves are often used as roofing material because they are durable, waterproof, and cheap to make.



Learn & Earn

Khlong Bang Bai Mai and Khlong Roi Sai Community are endowed with precious treasures. The abundant natural resources provide community members with a pleasant way of life and the locals enjoy a wealth of traditional knowledge and local wisdom inherited from ancestors, allowing them to lead a balanced, healthy, happy lifestyle.

Khlong Bang Bai Mai and Khlong Roi Sai Community Information

Facilities:

- Homestay
- Long-tail Boat

For more information, please contact:

Khun Phanu Chamnanmueang, Head of the Khlong Roi Sai Nam Tapi Tourism Group: 466 (77) 205 323, +66 (86) 267 6695 Remark: It is recommended that visitors to the Khlong Bang Bai Mai and Khlong Roi Sai Community use a tour guide, as there may be a language barrier.

Recommended Time to Visit:

The Khlong Bang Bai Mai and Khlong Roi Sai Community can be visited all year round.

How to Get There:

Take a long-tail boat from the dock opposite the District Attorney Office in Amphoe Mueana Surat Thani.

→ N 09° 08′ 10″ E 99° 19′ 05″

Useful Contact Information in Surat Thani

Tourism Authority of Thailand (TAT) Surat Thani Office Highway Police

Tourist Police

+66 (77) 288 817-9 1193, +66 (77) 274 155-7

1155, +66 (77) 421 281, +66 (77) 405 575

• For more information on accommodation, restaurants, and attractions in Surat Thani, please visit www.tourismthailand.org/surat-thani

Suggested Routes: Southern Region



Life by the River - Surat Thani Province

Make a start to the trip by paying respect to the Lord Buddha's relics at Wat Phra Borommathat Chaiya Worawihan and take a moment to attain peace of mind at Wat Suan Mokkh. Then, visit the Khlong Bang Bai Mai and Khlong Roi Sai Community to find out how the community uses local wisdom to turn natural resources into various household products. Complete the day by watching the sunset over the town of Surat Thani from the viewpoint at the Khao Tha Phet Wildlife and Nature Education Centre.

Understanding and Living with Nature - Nakhon Si Thammarat Province

Take some time en route to Ban Khiri Wong to visit the Amphoe Chang Klang to pay respect to the Buddha's relics at Wat That Noi and enjoy a meal made from local vegetables and herbs at Ruanpakgood Restaurant. Continue the journey to Amphoe Lan Saka and experience the love and understanding that the locals have for nature at Ban Khiri Wong. Apart from visiting the fruit orchards, there are a number of activities provided for visitors by groups that produce different kinds of products from natural resources.

A Fishing Community's Way of Life - Phatthalung Province-Songkhla Province

Commence the trip in Phatthalung Province by visiting the Thale Noi Agro-tourism Centre and view the numerous species of waterfowls and water lilies, learn the 'yok yo' technique of fishing, and observe local krachut weaving. Enjoy the 360-degree view of the lake while travelling on the 5.45 km.-long bridge heading towards Amphoe Ranot in Songkhla Province and pay respect to Luangpu Thuat at Wat Pha Kho. Travel further to Amphoe Mueang Songkhla via the Tinsulanonda Bridge and learn about the history of the Southern region at the Thaksin Folklore Museum. Conclude the memorable trip by visiting the Ko Yo Homestay and learn to use 'sai' to catch prawns and spend the night on a 'khanam.'











Ang Khang Royal Agricultural Station, Chiang Mai Province

Thailand Tourism Award 2004

The Ang Khang Royal Agricultural Station, located in the valley of Doi Ang Khang, was established to introduce His Majesty the King's concept of self-reliance and sufficiency economy to the hill-tribes. This station researches the cultivation of temperate plants in Thailand and promotes cash crops to replace the production of opium. Visitors can observe the beautiful flower garden and several interesting fruit and vegetable plantations.

• 1 Mu 5, Mae Ngon-Ang Khang Rd., Tambon Mae Ngon, Amphoe Fang, Chiang Mai Province 50320 \square +66 (53) 450 107-9



Agro-tourism

Mae Chan Valley, Chiang Rai Province Thailand Tourism Award 2008

The Mae Chan Valley covers an area of over 200 rai at an altitude of around 500 metres above sea level. It has the topography and climate to grow grapes and produce quality wine. Visitors to the Mae Chan Valley are able to tour the picturesque terraced vineyard, learn about wine-making, enjoy wine-tasting sessions, and visit tea plantations and observe the Oolong Tea production process.

- 23 Mu 9, Tambon Pa Tueng, Amphoe Mae Chan, Chiang Rai Province 57110
- +66 (53) 918 414, +66 (53) 918 440, +66 (86) 098 1590
- www.maechanwinery.com



Tourism Enterprise Project by the Small and Medium Community, Nang Lae Sub-district Municipality, Chiang Rai Province

Nang Lae is known for the cultivation of two strains of pineapple, Nang Lae and Phu Lae. These differ from pineapples grown in other provinces due to their sweetness and distinct aroma. The flesh of Nang Lae and Phu Lae pineapples is crunchy but not too hard, and it is used in the manufacture of many different kinds of edible and non-edible products. The centre provides opportunities for visitors to learn about these two kinds of pineapple and the associated manufacturing process.



Organic Agriculture Project, Sukhothai Airport, Sukhothai Province

Thailand Tourism Award 2010

Parts of Sukhothai Airport have been turned into green areas for the research and promotion of sustainable organic agriculture and sufficiency economy. This project offers courses for visitors in organic agriculture through the observation of and participation in activities in the organic rice fields, greenhouse, organic vegetable gardens, and organic fruit orchards.

• 99 Mu 2, Tambon Khlong Krachong, Amphoe Sawankhalok, Sukhothai Province 64110

+ 66 (2) 265 8750, +6 (81) 804 0708

www.kaohomsukhothai.com



Khao Hin Son Royal Development Study Centre, Chachoengsao Province

Thailand Tourism Award 2004

The Khao Hin Son Royal Development Study Centre was established under His Majesty the King's wish to develop a living natural museum that serves as a one-stop-service Centre for agricultural development. The Centre features solutions to natural resource and environmental problems; such as, reforestation, water management, crop production, and livestock management.

• 7 Mu 2, Tambon Khao Hin Son, Amphoe Phanom Sarakham, Chachoengsao Province 24120

+66 (81) 686 0639, +66 (38) 554 982

www.khaohinsorn.com









Huai Sai Royal Development Study Centre, Phetchaburi Province

Thailand Tourism Award 2002

His Majesty the King established the Huai Sai Development Study Centre to help in the restoration of natural resources and the environment, and focus on water development, reforestation, and improvement of the living standards of the local people. Apart from cultivating vetiver grass to restore the soil quality and growing indigenous crops and herbs, this centre is also known for its vast collection of pineapple strains.

Huai Sai Royal Development Study Centre, Tambon Sam Phraya, Amphoe Cha-am, Phetchaburi Province 76120

+66 (32) 593 253 www.huaysaicenter.org



Suan Somdet Phra Srinagarindra Borommaratchachonnani, Chaipattana Foundation, Phetchaburi Province

Thailand Tourism Award 2010



Suan Somdet Phra Srinagarindra Borommaratchachonnani is a project under the Chaipattana Foundation and focuses on the provision of knowledge and information about sustainable agriculture. There are several demonstration plots where visitors can learn about integrated farming systems, new theoretical agricultural practices, and environmental conservation. The garden also features numerous scented plants and over 300 kinds of herbs.

- 77 Mu 6, Tambon Sam Phraya, Amphoe Cha-am, Phetchaburi Province 76120
- +66 (32) 593 100 www.chaipat.or.th

Experience the local way of life at Tambon Suan Luang, Samut Songkhram Province

Thailand Tourism Award 2010

The Tambon Suan Luang area is a basin with several rivers and canals passing through, making it suitable for agricultural activities. Visitors to Tambon Suan Luang can observe and learn about agriculture and experience the local way of life by eating, living, and working in the orchards with the locals. Activities include the cultivation of chemical-free pomelo, making coconut palm sugar, and learning about integrated farming systems.

- 1 Mu 11, Tambon Suan Luang, Amphoe Amphawa, Samut Songkhram Province 75110
- +66 (34) 751 023, +66 (85) 101 1834, +66 (81) 793 5560
- www.baandalha.com









Suphattra Land, Rayong Province

Thailand Tourism Award 2010

Suphattra Land features over 20 varieties of tropical fruits from every part of the country; such as, durian, rambutan, mangosteen, pomelo, starfruit, and coconut. Apart from exploring the beautiful orchards and sampling the delicious fresh fruits, visitors can also learn about growing tropical fruits, making biodiesel, and producing fertiliser and biogas from ripened fruits and left-over food.

• 70 Mu 10, Tambon Nong Lalok, Amphoe Ban Khai, Rayong Province 21120

+66 (38) 892 048-9 www.suphattraland.com

Ban Na Mo Ma Agro-tourism Attraction, Amnat Charoen Province

Thailand Tourism Award 2010

This village was originally an agro-tourism attraction and the residents have now adopted and implemented the concept of integrated agriculture and sufficiency economy in their agricultural activities. Visitors can learn about various agricultural principles, including observations of a fertiliser-producing group and a housewives' OTOP product group making matmi-patterned reed mats.



Farm Chokchai, Nakhon Ratchasima Province

Thailand Tourism Award 2010

Farm Chokchai offers numerous agricultural-themed activities at which visitors experience for themselves the local wisdom and ways of life of farmers. Visitors learn about the dairy farming activities; such as, the life cycle of cattle, milking process, dairy farm management, and ice-cream-making workshop, and also become involved in the concept of social and environmental responsibility that Farm Chokchai has established in its activities.

• 169 Mittraphap Road, Tambon Nong Nam Daeng, Amphoe Pak Chong, Nakhon Ratchasima Province 30130

+66 (44) 935 504-5, +66 (44) 328 485, +66 (2) 532 2846 ext. 150-157 (Headquarter)



Gran Monte Vineyard, Nakhon Ratchasima Province Thailand Tourism Award 2010

Situated amidst the picturesque Asok Valley, the Gran Monte Vineyard offers a combined agro-tourism experience of grape cultivation and wine-making to visitors. Grape varieties grown at the Gran Monte Vineyard are mainly Shiraz, Tempranillo, and Cabernet Sauvignon. The Vineyard has introduced a micro-climate monitor that reads soil moisture content, temperature, and solar radiation, and gives real-time readings of the weather to reduce the excessive use of natural resources and

• 52 Mu 9, Kut Khla-Phan Suek Road, Tambon Phaya Yen, Amphoe Pak Chong, Nakhon Ratchasima Province 30230

+66 (81) 923 2007 www.granmonte.com



PB Valley Khao Yai Winery, Nakhon Ratchasima Province

Thailand Tourism Award 2008

The PB Valley Khao Yai Winery was the first winery in Khao Yai and is the largest in Southeast Asia. After years of experiment, the Winery discovered that Shiraz, Chenin Blanc, and Tempranilo were the grape varieties most suitable to the Thai climate and geographical conditions. Activities for visitors include tours of the vineyard, observation of the grape cultivation process, learning about the history of the vineyard and winery, exploration of high-technology wine-making techniques, and wine-tasting.

• 102 Mu 5, Tambon Phaya Yen, Amphoe Pak Chong, Nakhon Ratchasima Province 30230





Ban Wang Nam Mok, Nong Khai Province

Thailand Tourism Award 2010

Ban Wang Nam Mok is committed to the preservation of natural resources, maintenance of a balanced ecosystem by correct use of nature, forests, and water, and development of employment for local people. This community aims to raise the consciousness of villagers and visitors about the preservation of natural resources, self-sufficiency economy, and conservation of local culture. Apart from exploring the forests and learning about agriculture and local wisdom, visitors can live in a homestay and sample the famous local cuisine.

• 2 Mu 2, Ban Wang Nam Mok, Tambon Phra Phutthabat, Amphoe Si Chiang Mai, Nong Khai Province, 43130

+66 (86) 232 5300, +66 (83) 357 7035, +66 (42) 423 783





Suan Lung Nin, Chumphon Province

Thailand Tourism Award 2010

Lung Nin (Uncle Nin) is involved in organic and integrated agricultural activities in accordance with His Majesty the King's philosophy of sufficiency economy. The variety, quality, and quantity of agricultural products produced in this garden are the result of Lung Nin's effective management skill and agricultural knowledge. The locals in the community and interested people often pay a visit to this garden to learn from him, and Suan Lung Nin is recognised as one of the important agro-tourism centres in Chumphon Province.

- 14 Mu 6, Charoen Sin Road, Tambon Chong Mai Kaeo, Amphoe Thung Tako, Chumphon Province 86220
- +66 (87) 466 0596 www.pooyatayai.com/nil



Chang Klang Agro-tourism Promotion Centre, Nakhon Si Thammarat Province Thalland Tourism Award 2002

The Chang Klang Agro-tourism Promotion Centre provides information to visitors regarding agro-tourism attractions in Amphoe Chang Klang. Attractions include a mushroom farm, bee centre, chemical-free vegetable garden, and peacock farm. Not far from the Centre is Khao Men Viewpoint where visitors can find information about trekking adventures at Khao Men and tours of nearby orchards.

- 23/1 Mu 14, Tambon Chang Klang, Amphoe Chang Klang, Nakhon Si Thammarat Province 80250
- +66 (81) 124 3214
- For more information about Thailand Tourism Awards for agro-tourism attractions, please visit http://tourismawards.tourismthailand.org.



June July	August	September	October	November	December
	Tea, He	erbs, Macadamia			
				Plum	
A	d- D D				
AVOCO	do, Persimmon, Pas	sion Fruit	Co	ffoo	
	Coffee Rice (in-season)				
: Bar	: nana, Herbs, Mushro	om			
		Д			Rice (off-season)
Santol :					
		Herbs			
Rambutan, Mangosteen, Long kong, Durian	-			<u> </u>	
Lo	ingsat, Zalacca				
	Pineapple				
		on Fruit		:	
	ongan				
Herbs, Banana, Lime, Red	Oak Groep Oak But	ttorboad Lettuce Is	obora Lettuca		
Rambutan, Durian	Oak, Gleen Oak, Bu	illemeda Lemace, id	ceberg terruce		
	The second				
	Parkia, Durian, Manç	a, Durian, Mangosteen, Rambutan			
C	: hempedak :	:			
				-	

^{*} This calendar provides only the harvest time of agricultural products mentioned in this book. However, there are many more products; such as, plants, vegetables, and fruits, available to be harvested all year round in Thailand.

Agricultural Events Calendar **



***	January	February	March	April	May
North	Phetchabun Tamarind Festival and Red Cross Fair, Phetchabun	Samoeng Strawberry Festival, Chiang Mai Chiang Mai Flower Festival, Chiang Mai			Nang Lae Pineapple Festival and Best of Chiang Rai Fair, Chiang Rai Lychee and Best of Phayao Fair, Phayao
Central Plains	National Dairy Cow Festival, Saraburi		Sweet Grape and Best of Damnoen Saduak Fair, Ratchaburi Sweet Marian Plum Fair, Nakhon Nayok Ongkharak Ornamental Plants and Flowers Fair, Nakhon Nayok	• Lychee Fair, Samut Songkhram	Nonthaburi Durian Fair, Nonthaburi
East				Cantaloupe Day, Sa Kaeo Pluak Daeng Sweet Pineapple Festival, Rayong	Rayong Fruit Festival, Rayong Chanthaburi Fruit Festival, Chanthaburi World Durian Festival, Chanthaburi
Northeast	Northeast Agricultural Fair, Khon Kaen Chonnabot Matmi Silk Festival, Khon Kaen	Dok Fai Ban Makham Wan Mueang Loei Red Cross Fair, Loei Annual Grape Harvest, Nakhon Ratchasima			
South					

June	July	Augus†	September	October	November	December
		• Longan Festival, Lamphun	Uttaradit Sweet Langsat and Souvenir Fair, Uttaradit Wiang Kaen Pomelo Festival, Chiang Rai		Royal Flora Ratchaphruek, Chiang Mai	Doi Mae Salong Tea Tasting and Cherry Blossom Blooming Festival, Chiang Rai Wawi Tea and Fresh Coffee Tasting , Chiang Rai Mulberry and Silk Festival, Phetchabun
Bangkok Royal Orchid Paradise, Bangkok		Samut Songkhram Pomelo Fair, Samut Songkhram Nakhon Nayok Pomelo and Community Enterprise Products Fair, Nakhon Nayok	Nakhon Chai Si Pomelo Fair, Nakhon Pathom			Suan Luang Rama IX Botanical Festival, Bangkok
• Prachin Buri Agricultural Fair, Prachin Buri						
• Si Sa Ket's Rambutan and Durian Fair, Si Sa Ket	Custard Apple Festival, Nakhon Ratchasima				Pak Chong Agricultural Fair, Nakhon Ratchasima	World Jasmine Rice Festival, Roi Et Phu Ruea Flower Festival, Loei
	• Rongrian Rambutan Fair, Surat Thani	Langsat and Best of Ko Samui Fair, Surat Thani Longkong Festival, Songkhla				

Produced by

Attractions Promotion Division
Product Promotion Department
Tourism Authority of Thailand
for free distribution

1600 Phetchaburi Road, Makkasan,

Ratchathewi, Bangkok 10400

Tel.: +66 (2) 250 5500 (120 automatic lines)

Fax: +66 (2) 250 5511 (2 automatic lines)

Email: center@tat.or.th

Website: www.tourismthailand.org





