



Cultural Immersion & Eco Tour - r10b

Trip summary	10 days / 9 nights - 2 nights Ban Talae Nok, 1 night Kuraburi Town, 2 nights Koh Surin Moken Experience, 2 nights Khao Sok, 2 nights Cheow Larn Lake Private W/ Superior or Bamboo Bungalow
Getting there	Tour starts at Kuraburi, ends at Takun, Surat Thani
In-country support	International support staff, local guide, bilingual Thai/English translator, visitor's handbook
What's included	Transfers during the tour, accommodation, activities, meals as stated
Availability	Mid October 2019 – Mid May 2020 dry season

Engage with local villagers and experience the Southern Thai culture with a homestay in a coastal village. Take a unique private tour of Surin Island with the original inhabitants of this tropical paradise, the indigenous Moken people. Bask in the natural beauty of the Surin Islands while you immerse in Moken Life and snorkel the crystal waters of the Andaman Sea. Kayak along the majestic river in Khao Sok National Park and view the awe inspiring limestone cliffs as your local guide talks about the river's history. Spend tranquil nights in a floating bungalow on the Cheow Larn Reservoir and learn about the local flora and fauna.

Day 1 Cultural Exchange (LD)

Morning Start the tour in Kuraburi at the Andaman Discoveries office for a pre-trip briefing and cultural orientation. Transfer to Ban Talae Nok village to meet your host family, and be welcomed into their way of life. Take a walking tour of the community with your local guide to learn about the history and lives of these villagers. See an area of the village that was destroyed by the 2004 tsunami and learn how this event affected the community

Noon For lunch, enjoy authentic southern Thai food with your homestay family. Take part in a handicraft workshop and learn the art of Batik, a technique of hand-dyeing fabrics by using designs drawn in wax. You can create your own design or have your hosts draw one for you, then color in the beautiful designs, and keep your creation as a souvenir. Learn to weave leaves of the nypa palm with the villagers and help make traditional roofing from a local mangrove plant. Take a short walk to the beach where you can relax and bask in the spectacular colors of an Andaman Sea sunset

Evening For dinner, enjoy a barbecue dinner on the beach with your hosts and feast on freshly-caught seafood, garden-fresh vegetables, and Thai curries (weather permitting, alternative is dinner in the homestay.) In the evening participate in a cultural activity where you can share stories and experiences with the family and local villagers. Pictures from home are always appreciated

Overnight: Ban Talae Nok Homestay, comfortable bedding and mosquito net provided



Day 2 Natural Wonders (B,LD)

Morning Breakfast with homestay family. Head into nature and explore the mangrove forest in a long-tail boat, where you have the chance to spot various birds, monitor lizards and monkeys. Take a fascinating journey through the tidal canals and learn how the villagers are active in protecting this amazing ecosystem

Noon Have a delicious lunch with your homestay family. Participate in a local fishing



Andaman Discoveries is a social enterprise enabling visitors and volunteers to support community education, village-led conservation, and cultural empowerment.



activity with your hosts, if you get a good catch, your homestay host will create a tasty net to table meal.

Handicraft workshop - the women's group, established after the tsunami, makes beautifully hand-crafted soap, using only the finest natural ingredients. Watch an informative demonstration and then make soap for yourself with the expert guidance of the soap ladies, and keep a souvenir. Learn to cook local Thai food with your host family, or spend your time before dinner relaxing on the beach

Evening After dinner, enjoy more cultural exchange by trying on traditional Muslim clothing to learn more about your hosts religion and how it is connected to their culture and daily lives

Overnight: Ban Talae Nok Homestay, comfortable bedding and mosquito net provided

Day 3 Village Life (B,L)

Morning Breakfast with homestay family. Walk up to the school for a panoramic view of the Andaman coast. Return to your homestay to make a local specialty dessert. Try your hand at grating the coconut and filling the palm leaf with the batter. Then grill and enjoy the delicious snack hot of the fire. Have a personalized cooking class and help make your lunch with your homestay hosts

Noon Enjoy one last meal with your host family and then pack up and say goodbye. Transfer by van back to Kuraburi

Evening You can walk to the evening market to try delicious traditional Thai snacks and savor over the fresh fruits that come from the local orchards. Independent dinner at local restaurant

Overnight: Resort in Kuraburi with AC, hot water, WIFI

Day 4 Koh Surin Moken Experience (B,L,D)

Morning Early in the morning meet your translator to have breakfast at the local morning market. Try traditional Thai breakfast foods like rice soup, sweet waffles and Thai tea or coffee

After breakfast, transfer to Surin Island by speedboat. Surin Island national Park is a paradise of fine white sandy beaches, thick jungle, crystal-clear waters, and some of the best coral reefs in Thailand. You will have a unique private tour with the original Moken inhabitants of this tropical paradise.

Check into your tent accommodations at the National Park Headquarters. Meet you local Moken guide and take a long tail boat trip to the Moken village. A tour around the village is an insight into the intricate relationship between the Moken and their surrounding environment. Learn about the brightly colored "Spirit Poles" and Moken homes, built on wooden stilts directly on the beach

Noon Participate in a handicraft workshop and learn the traditional art of Moken weaving. Use forest Pandanus leaves to weave a natural bracelet. Keep it as a souvenir to show your friends at home Have a pack lunch under the shade of a tree.





Forest hike – your Moken guide will highlight useful plants, including medicinal herbs, edible species, and those used in construction of traditional houseboats. Snorkeling – coral reef exploration with Moken guide. Your guide will take you to a wonderland of colorful tropical fish and allow you to witness the impressive Moken swimming techniques

Evening End the day with your Moken guide and return to the park headquarters to relax and enjoy the sunset from the white sand beach. Dinner at the park headquarter

Overnight: Tent with bedding provided; electricity generated from 6-10pm

Day 5 Life of the Sea Nomads (B,L,D)

Morning Breakfast at the park headquarter. Meet your Moken guide and take a snorkel tour to see the underwater life of the sea gypsies, how they have adapted to living in the water, and why they love it. Watch as your Moken guide spots sea turtles and sharks swimming in the waters

Noon Return to the park headquarters to have a Thai style lunch. Hop back on the long tail boat go visit special Moken places around the islands and learn how they have lived here for generations. Return to the park headquarters and enjoy free time to walk the beach, relax, and enjoy the sunset

Evening Dinner at the park headquarter

Overnight: Tent with bedding provided; electricity generated from 6-10pm

Day 6 Koh Surin (B,L,D)

Morning Breakfast at the park headquarter. Reunite with your Moken guide and head to the village. Try your hand at rowing a Moken "row-boat" and re-enacting their method of spear fishing. If there is time, enjoy one more snorkel site

Noon Return to the park headquarters to have a Thai style lunch. Pack your belongs and prepare for departure from the island. Depart Koh Surin by speedboat. Back on the mainland transfer to Khao Sok, along the way take in the scenery of rural Thailand and watch it transform back into the verdant jungle that serves as a home to a vast variety of flora and fauna. Check into your jungle accommodations and take the evening to relax

Evening Have dinner at the resort restaurant

Overnight: Jungle resort in Khao Sok

Day 7 Rainforest and Jungle Resort (B,L,D)

Morning Wake up at your own pace and enjoy the beauty of your surroundings. Have breakfast at the resort restaurant. In the morning, have free time to relax or participate in independent activities which can include: Guided Hike, Thai cooking class, Thai massage, tubing or swimming in the river





Noon Have lunch at resort restaurant. At 2PM head out for a canoe adventure with the local community group. Drift past the towering limestone cliffs and take in the countryside landscape and learn why the river is important to the locals. Along the way stop for hot coffee or herbal drink, served in your handmade bamboo cup

Evening Enjoy dinner at the resort restaurant

Overnight: Jungle resort in Khao Sok

Day 8 Limestone Lake (B,L,D)

Morning After breakfast, transfer by van to the Rajaprabha Dam and Khao Sok (Cheow Larn) Lake. This man-made reservoir is outstanding with its towering limestone cliffs and jungle-clad hills. Stop at local market in Ban Takun for a briefing at the Khao Sok Lake office to prepare for your days on the lake. Meet your local guide. Arrive to the pier at the dam and take a long tail boat ride to your floating bungalow accommodations. Be greeted by your host and check into your floating bungalow

Noon Enjoy a Thai style lunch of local vegetables and fresh fish from the lake. Head out into nature for a guided hike or cave exploration. Return to the floating bungalows to relax and swim from the footsteps of your bungalow

Evening Dinner at bungalow restaurant. Spend your night in your floating bungalows on the lake, a fairytale experience of unforgettable peace and tranquility

Overnight: Floating bungalows on Khao Sok Lake

Day 9 Limestone Lake (B,L,D)

Morning Awake to the sounds of gibbons calling from the tree tops and the picturesque views from your window. Have a choice of western or Thai breakfast at bungalow restaurant. Spend the morning at your leisure. Take a kayak out to survey the surrounding jungle and view wildlife

Noon Lunch at bungalow restaurant. With your local guide, head out into nature for a guided hike or cave exploration. Return to your floating bungalows to relax, swim or kayak. Hop on a long-tail boat with your local guide for a night safari. Enjoy seeing the lake change colors as the sun sets and the sounds of night rise from the jungle clad hills

Evening Dinner at floating bungalow

Overnight: Floating bungalows on Khao Sok Lake

Day 10 Limestone Lake (B,L)

Morning Awake early to catch the best of wildlife viewing in a longtail boat with your guide. Watch the hornbills fly in the mist rising against a backdrop of colorful limestone cliffs and try to catch a glimpse of the gibbons swinging in the tree tops. Return to the floating bungalows for breakfast. Free time to relax, swim or kayak. Have one last delicious lunch and say goodbye to your friendly hosts at the floating bungalows. Travelling back across the lake, your boat driver will show you some of the hidden bays and rock formations that make the lake so special. In the late morning, arrive at Rajaprabha Dam and transfer to your next destination independent

Booking Requirement: For Day 8-10 please specify if you would like Bamboo or Superior bungalow at the Lake

