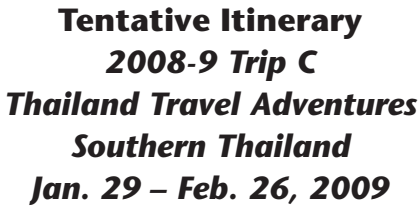
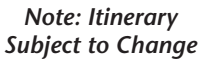



Sunday	Monday	Tuesday	Wednesday January →	Thursday	Friday	Saturday
			 	29 Depart San Francisco for Bangkok (very early morning) (Lose one day)	30 Arrive in Bangkok (mid-day) Free Afternoon	31 Bangkok – Explore Southeast Asia's largest bazaar – the exciting Chatuchak Weekend Market, where just about anything imaginable is available in over 7,000 stalls, including, of course, Thai handicrafts. Dine on superb Thai cuisine at a favorite restaurant!
<b>1 Bangkok to Ranong</b> Head south along the narrow peninsula, stopping by Phetchaburi to stock up on "kanom" (snack foods), Hua Hin for a colorful market walk (sample delicious jack fruit) and Pranburi marina for a scrumptious seafood brunch. Overnight in Ranong, known for its healing hot mineral springs and spa.	<b>2 Ranong to Koh Surin –</b> From the pier at park headquarters south of Ranong, a boat will take us out on the beautiful Andaman Sea to remote Koh Surin Marine Nat'l Park, our island home for the next three days. After checking into our rustic dom-style park accommodations, we will have the afternoon to explore the main island of the group.	<b>3 Koh Surin Nat'l Park –</b> Today will be spent boating around the two main Surin islands, stopping at prime spots for snorkeling. The extensive reefs here are extraordinary – among the most biologically diverse and best preserved in Thailand's waters! We'll also visit the sea gypsy village located on a beautiful cove and the sea turtle nursery.	<b>4 Koh Surin Nat'l Park –</b> Another day to explore the Surin islands, both in and out of the water. If you wish, hike a trail to a secluded cove and watch for wildlife and rare birds in the shelter of the rainforest canopy. Snorkel the fabulous reefs, swim with sea turtles in clear warm waters and marvel at the astounding array of sea life and coral formations!	<b>5 Koh Surin to Takua Pa –</b> Free morning – take a last snorkel or do a nature walk. After lunch, we'll head back for the mainland coast, keeping an eye out for dolphin or whale shark sightings. Overnight at a luxurious resort set against lush rainforest vegetation, where we can once again enjoy the amenities of civilization.	<b>6 Takua Pa to Khao Sok–</b> Drive through spectacular mountain country of dramatic limestone karsts, surrounded by lush remains of a 160-million-year-old rainforest. Boat to secluded, rustic nat'l park lodging on a magical lake. Swim, enjoy breathtaking scenery. At dusk, witness bat migration as bats stream out from caves for their nightly rainforest tour of duty.	<b>7 Khao Sok to Nakhon Si Thammarat –</b> Morning boating tour of picturesque Lake. If we're lucky, we'll see hornbills, monkeys and dusky langurs, among other wildlife. Continue on to the ancient city of Nakhon on the gulf coast. Along the way, stop by a coconut-picking monkey training school for a demonstration lesson.
<b>8 Nakhon Si Thammarat</b> Nakhon, one of Thailand's oldest cities, is the cultural heart and handicraft center of the South and a sacred site of Buddhism, dating from the ancient Srivijaya era. Visit temples and the local branch of the National Museum; see a demonstration of shadow puppet play. Walk the bustling Sunday market and the night market near our inn.	<b>9 Nakhon Si Thammarat</b> Make a "pilgrimage" to the south's most sacred temple – the magnificent Wat Mahathat with its 1000 kg solid gold spire atop a bell-shaped chedi; experience the mystical energy of this ancient site where a piece of Buddha's ashes is enshrined. Shop for handicrafts, including exquisite "yan lipao" basketry.	<b>10 Nakhon to Songkla –</b> Following a leisurely breakfast, we'll head south down the eastern peninsula. Along the way, we'll stop by a royally sponsored basket-weaving training center to see how the unique "yan lipao" fern vine basketry is made. In the seaport town of Songkla, we'll be between a very large lake and the South China Sea.	<b>11 Songkla –</b> Discover Southern culture at the extensive Institute of South Thailand Studies Folk Museum on Koh Yaw Island in Lake Songkla. Well laid-out exhibits in a breathtaking setting! Shop for textiles in the island's weaving village and lunch on deliciously fresh seafood. Sample the South's divinely rich rotis at the night market!	<b>12 Songkla –</b> Visit the National Museum, housed in an elegant, old Chinese-style mansion once the governor's residence. Walk the local market and make a trip to a nearby fishing village to see the South's famous painted "kaw lae" boats. Free time to enjoy Samila Beach and the wonderful seafood served in restaurants there.	<b>13 Songkla to Satun –</b> Enroute to Satun, visit Ton Nga Chang National Park with a refreshing waterfall and verdant woodlands. Walk the nature trail at Thale Ban Nat'l Park bordering Malaysia, which preserves one of the few remaining rainforests in the South and is home to the endangered great hornbills.	<b>14 Satun to Tarutao N.P. –</b> Leave early for Pakbra Pier for our four-day excursion to Tarutao Marine Nat'l Park. Picnic lunch stop on a gorgeous island with stunning beaches, inviting aquamarine waters and picturesque natural rock arch. Swim, sun, snorkel before continuing on to our remote, idyllic island home for the next few days.
<b>15 Mu Koh Tarutao –</b> We'll stay in rustic thatched huts alongside a beautiful white-sand beach, not far from a sea gypsy village. Boat-tour to various uninhabited nat'l park islands with pristine beaches and diverse coral formations, from very colorful soft coral to rich coral gardens. Quiet evenings on our faraway island home.	<b>16 M.K. Tarutao</b> Explore our island home, her own alluring coves and beaches, the Chaoleh (sea gypsy) village and island culture. Picnic and spend the afternoon on yet another charming island with long stretches of deserted beach and lively coral reef. Swim in warm waters surrounded by thousands of fishes! Another inspiring sunset!	<b>17 Tarutao N.P. to Trang –</b> After a leisurely breakfast, we'll bid farewell to our tropical island paradise in the enchanting Andaman Sea and head back to the mainland. Along the way, keep watch for sea turtles, dolphins and dugongs (sea cows). Scenic drive to Trang. Walk the night market and sample Trang's famous coffee and cakes.	<b>18 Trang –</b> Make a very early morning trip to Thale Noi in Pattalung – a swampy waterfowl preserve for wintering birds. Besides birding, we'll see huge patches of colorful waterlilies and lotuses in full bloom in the early morning hours. Free afternoon to explore Trang town and walk its marketplaces.	<b>19 Trang to Krabi –</b> Following a scrumptious dim sum breakfast, we'll head on to Krabi. Along the way, we'll explore an unusual cave with a stream flowing through it; take a nature walk through lowland forest to a spring-fed crystal pond and take a soak in inviting natural pools of a waterfall hot spring. Stay at a luxurious resort in Krabi.	<b>20 Krabi –</b> Explore the Ao Luk area of Krabi province – eerie mangrove swamps, caves with mysterious prehistoric paintings and a rainforest preserve with spring-fed pools and cascading streams. Walk the peaceful rainforest valley of a cave monastery set among rugged limestone karsts. Scrumptious dinner of southern specialties.	<b>21 Krabi to Island Home</b> Explore Krabi province's magnificent coastline with its tall limestone cliffs, immense caves, idyllic islands and dazzling white and golden sand beaches. Swim, sun, snorkel, beachcomb and enjoy the beauty of the Andaman seacoast. Settle in on our own enchanting tropical island home, also home to many gregarious hornbills.
<b>22 Idyllic Island Home –</b> Daytrip to the beautiful islands of Phi Phi Marine Nat'l Park, with sparkling pearly-white beaches and bountiful coral reefs, home to millions of colorful fishes. Picnic and enjoy the day in and out of the water. Also visit Viking Cave (featured in National Geographic) where prized bird's nests are collected.	<b>23 Island to Krabi –</b> Discover another captivating island with the softest white-sand beaches on alluring coves and a hidden lagoon, flanked by gigantic cliffs and rainforest. Picnic, swim, sun, snorkel, beachcomb... Return to mainland shores. Visit the unusual 75-million-year-old fossil shell beach and shop for pearls.	<b>24 Krabi –</b> <b>Free Day</b> Enjoy our resort's enormous pool beneath towering limestone karsts. Walk to town along the lovely river, shop or visit the bustling marketplace as you wish. Optional sea kayaking trip for the adventurous, or pamper yourself at the resort's spa.	<b>25 Krabi to Bangkok –</b> Following breakfast, we'll return to Bangkok by air, arriving in the capital city around mid-day. Walk and graze our way through a very colorful open-air fresh food and fruit market. Optional last-chance shopping at an emporium of Thai arts and crafts. <b>Farewell Party &amp; Feast!</b>	<b>26</b> <b>Depart Bangkok for San Francisco (mid-day)</b> <b>(Gain 1 day – return on same day)</b>	<b>Kasma Loha-unchit</b> <b>Thailand Travel Adventures</b> <b>P. O. Box 21165</b> <b>Oakland, California 94620</b> <b>Phone/fax: (510) 655-8900</b> <b>kasma@earthlink.net</b> <b>www.thaifoodandtravel.com</b>	