



Plant-Based Thailand with Plant-Powered Dietitian Sharon Palmer and Oldways

February 19-26, 2023

Sunday, February 19

- Arrival in Bangkok and check-in at the Shangri-La Hotel
- Early Evening Welcome Reception and Dinner

Monday, February 20

- Breakfast Buffet by the Chao Phraya River
- River trip and Guided City Exploration and visit to Buddhist Temples and Palace
- Vegetarian Lunch with Buddhist Monk
- Afternoon free time for rest or shopping
- Visit to the Night Market and Dinner on own

Tuesday, February 21

- Breakfast Buffet by the Chao Phraya River at the Shangri-La Hotel
- Tuk-Tuk Ride to Chinatown
- Visit to Maeklong Railey market (farmers market) and the Floating Market
- Cooking Class and dinner

Wednesday, February 22

- Breakfast Buffet by the Chao Phraya River at the Shangri-La Hotel
- Group Flight to Chiang Mai
- Check-in at Shangri-la Hotel in Chiang Mai
- Free for rest and relaxation at the hotel
- Dinner at a plant-based restaurant in Chiang Mai

Thursday, February 23

- Breakfast Buffet at the Shangri-la Hotel
- Day at the Thai Farm Cooking School, including visit to local farmers market and vegetarian cooking class and lunch
- Free evening—dinner on your own in Chiang Mai

Friday, February 24

- Breakfast Buffet at the Shangri-la Hotel
- Visit to the Elephant Nature Park with a Vegetarian Buffet
- Group dinner

Saturday, February 25

- Breakfast Buffet at the Shangri-la Hotel
- Visit to rice paddies and terraced farms
- Culinary historian presentation at the hotel
- Lunch on own and free afternoon for rest, shopping or packing
- Gala Dinner

Sunday, February 26

- Breakfast Buffet at the Shangri-la Hotel
- Depart for home or additional travel