

# 10 NIGHTS IN NORTHERN THAILAND

## SAMPLE ITINERARY

We're so glad you're thinking of joining an upcoming holiday. While we always organize a fulfilling schedule, exploring three or four different destinations around Chiang Mai, you also have plenty of time to discover the magic of Thailand on your own.

Read on for an example of a typical 10-night journey through the north!

### DAY 1

We're going to jump right into our yoga practice and all that Chiang Mai has to offer...

14:00	We'll pick you up from Chiang Mai International Airport and check you in at a charming boutique hotel that fuses traditional Lanna (Northern Thai) culture with modern conveniences right in the heart of the Old City
16:50	Enjoy a short walk through the Old City as we head to our first yoga session
17:00	Yoga at a local studio situated in a traditional wooden Thai house - get ready for a restorative session after your long flight
19:30	Welcome dinner a garden-like restaurant serving organic and macrobiotic dishes
22:00	Unwind with a relaxing foot massage in the comfort of your own room - the perfect way to end your first day in Chiang Mai

### DAY 2

Today you'll learn more about Northern Thai food and culture...

8:00	Nourishing breakfast at the hotel
9:00	A long yoga session at our local studio
12:30	Lunch at an organic vegetarian restaurant set in one of Chiang Mai's oldest temples - here we'll try Thai favorites that go beyond phad thai
14:30	Sample award-winning coffee in a trendy cafe - Chiang Mai is filled with them!
17:00	Free time - visit the Night Bazaar for some Thai handicrafts or wander the sois (small streets) near the hotel to discover a maze of temples

### DAY 3

We know you won't want to say goodbye to Chiang Mai just yet, but you're going to love Pai...

8:00	Relaxing breakfast at the hotel - take time to slowly wake up and gather your things
12:00	Chartered flight from Chiang Mai to Pai
12:30	Arrive in Pai - a picturesque mountain village with an unforgettable laid-back vibe
12:45	Check in at a luxury boutique hotel nestled in natural beauty that combines simple elegance with eclectic style
13:30	Lunch at a funky restaurant serving organic Thai-Western fusion dishes - everything here is fresh and flavorful!
16:00	Dynamic yoga session on the hotel's yoga platform overlooking the river
19:30	Indulge in some European tapas and the hotel's extensive wine selection. After dinner you're welcome to check out the local nightlife (Pai is well known for its character-filled bars and live music) or just enjoy relaxing by the hotel pool

### DAY 4

If you haven't fallen in love with Pai already, you will today. Though it may seem tiny, the charming town has a lot to offer...

8:00	Breakfast at our boutique hotel
9:00	Sun salutations along the river
11:30	Meet in the lobby for a quintessential drive through the rice fields and lunchtime surprise
16:00	Restorative yoga on the riverside yoga platform as twilight falls
18:00	Free time - enjoy your evening in Pai finding a place for dinner, strolling through the night market or popping into one of the little bars to enjoy some live music

## DAY 5

Today we're going to take you to some of our favorite little spots...

8:00	Breakfast at our riverside hotel
10:00	Yoga and meditation on the outdoor yoga platform
12:00	Free time - check out the little shops nearby or grab a quick lunch
14:00	Meet in the hotel lobby - bring your bathing suit and a towel!
14:15	Enjoy a 1.5-hour cycle through the scenic country valley
16:30	Soak in outdoor hot springs in the midst of the jungle - a magical setting indeed
19:30	Dinner at a local favorite with drinks on us

## DAY 6

It's our last day in Pai,...we hope you've gotten used to the relaxed village lifestyle...

8:00	Breakfast at the hotel
9:00	Dynamic morning yoga session - our last overlooking the river
11:30	Free time - enjoy your day in Pai swimming, heading to the spa, or reading amongst the rice fields. Pai is the perfect place to relax and take things slow...
17:00	Gentle evening yoga practice
19:00	Dinner at a local Thai family-style restaurant. After dinner you have time for one last night out - enjoy!

## DAY 7

If you thought the rice fields of Pai were beautiful, just wait for where we're headed today...

8:00	Light breakfast at the hotel - please pack your bags for the next adventure
9:00	Transfer to the floating retreat center with a stop at a secret temple along the way

12:00	Lunch along the water - all our meals here will be cooked by our private yogi-chef who owns two restaurants in Chiang Mai and creates a collection of healthy Thai-Western fusion dishes that will have you asking for seconds
13:00	Free time to soak up the sun and beautiful natural surroundings
16:00	Meditation and soothing yoga practice on the floating yoga sala boasting panoramic views
19:00	Special dinner featuring a range of Northern Thai specialties

## DAY 8

Now that we've connected with nature, we're going to reconnect with our yoga practice...

7:30	Wake up with some coffee or tea then get ready for an early morning yoga session
9:30	Breakfast buffet - get your fill of tropical fruit
10:00	Free time to lounge and indulge in specialty massages
13:00	Lunch by our personal chef extraordinaire along with a Thai cooking class
17:00	Sunset yoga overlooking the lake and surrounding mountains
19:00	A homemade vegetarian dinner under the stars

## DAY 9

Today we'll savor our surroundings...

8:00	Wake up with a fiery, dynamic yoga session
10:00	A hearty, fulfilling breakfast after our time on the mat
10:30	Free time - take a dip or go paddle boarding. Today's the day to enjoy every last bit of the floating retreat
13:00	Light lunch on the water
17:00	Sunset meditation and soothing yoga practice
19:30	Candlelit dinner on the water - our last meal here is sure to be memorable!

## DAY 10

You're in for a treat tonight as we head back to Chiang Mai one last time...

8:00	Rise early for an active morning yoga session
10:00	Breakfast on the water
12:00	Transfer back to Chiang Mai enjoying a stop at a unique waterfall along the way - you can actually walk up the falls thanks to the grippy limestone surfaces
16:00	Check in at our Thai-style boutique hotel in Chiang Mai
17:30	Farewell dinner at a colorful restaurant with live music along the river
18:00	Night market shopping - stock up on last minute souvenirs, handmade textiles, and more

## DAY 11

The time has come to say goodbye, but we hope we see you again soon...

8:00	Breakfast at the hotel
12:00	Check out and transfer to the airport

If you have any questions, please visit the [FAQ page on our website](#) or contact: info@thailandyogaholidays.com or +66 (0)895 548 720.