

Thailand & Laos

Timeless Traditions of Southeast Asia

November 30 - December 12, 2026

Women Travel Tribe

Small Group Adventures for Women 50+

womentraveltribe.com/tours/thailand-laos-dec-2026

Tour Overview

Duration:	13 days
Maximum Group Size:	12 women
Start Date:	November 30, 2026
End Date:	December 12, 2026
Arrival Airport:	Suvarnabhumi Airport (BKK)
Departure Airport:	Suvarnabhumi (BKK) or Don Mueang (DMK)

Step into the **heart of Southeast Asia** with this small group, women-only tour through **Thailand and Laos**! It's a region where **ancient temples**, **vibrant cities**, and **serene landscapes** come together to create an experience that can only be described as mesmerizing.

Begin in **Bangkok**, where tradition meets modernity. Glide along the **Chao Phraya River,** and witness the **sacred Reclining Buddha**. Travel north to **Sukhothai**, Thailand's first capital, to wander among **spectacular ancient ruins** and **craft your own Buddha amulet**. In **Chiang Mai**, delve into local flavors with a **cooking class**, discover centuries-old temples, and enjoy a free day, with an optional visit to an **ethical elephant sanctuary**. Continue to **Chiang Rai**, home of the surreal **White Temple,** before crossing into **Laos** for a **two-day cruise down the Mekong River**, stopping at traditional villages and sacred caves along the way.

Arrive in **Luang Prabang**, a UNESCO World Heritage city, and explore its golden temples, take part in a **bamboo weaving workshop**, and trek to the **stunning Kuang Sii Waterfalls**, where a bear rescue center showcases vital conservation efforts. Savor **authentic Lao cuisine**, meet unbelievably kind people and learn about a captivating land that deserves more attention.

Discover the true allure of Thailand and Laos, where history, culture, and nature come together in perfect harmony!

Itinerary

Day 1: Bangkok, Thailand (Arrival Day)

Included meals: Dinner

Upon arriving in Bangkok you will be met at the airport by a private driver who will transfer you to our centrally located hotel. Take the day to relax, recover from your journey, and meet your fellow travelers. For those who arrive early, your tour leader will be on-site to offer recommendations and help arrange any activities you might want to do. In the evening we'll gather for an orientation meeting and a welcome dinner with our first taste of excellent Thai cuisine.

Day 2: Bangkok

Included meals: Breakfast, Lunch, Dinner

We'll begin with a visit to the famous Bangkok Flower Market, where we'll explore a truly gorgeous and colorful display of fresh flowers. From here, we'll then visit the Queen Sirikit Museum of Textiles, located right in the Royal Palace Grounds, where we'll learn more about Thailand's traditional fabrics and royal dress. Afterwards we'll enjoy lunch at a nearby local restaurant. We'll then head towards Wat Pho, where we'll admire the famous Reclining Buddha and experience the peaceful chanting of monks in the temple's central area. We'll conclude the day with dinner at a restaurant overlooking Wat Arun, a striking riverside temple celebrated for its ornate spires and some of the best views in the city.

Day 3: Bangkok / Sukhothai

Included meals: Breakfast, Lunch, Dinner

We'll begin with an exciting morning boat tour along the Chao Phraya River, Bangkok's main river that flows through the heart of the city and offers views of temples, traditional homes, and everyday life along its banks. After an early lunch at a nearby restaurant, we'll drive to Bangkok's Airport for a 1.5-hour flight to Sukhothai. Recognized as the first capital of Thailand, Sukhothai is home to a historical park filled with ancient ruins and temples that offer a glimpse into early Thai civilization. Once we arrive, we'll transfer directly to our hotel, where we'll enjoy dinner and a good night's rest.

Day 4: Sukhothai

Included meals: Breakfast, Lunch

After breakfast we'll embark on a half-day guided tour of the Sukhothai Historical Park, a UNESCO World Heritage site and Thailand's first capital, where we'll explore the beautiful ruins and temples that reveal the art and architecture of ancient Thai civilization. After the tour, we'll enjoy lunch back in town before continuing with a hands-on experience at a local family workshop that's been operating for six

generations. This is where we'll discover the time-honoured techniques behind Thai Buddha amulets and try our hand at shaping our own small Buddha charm, believed to bring protection and good fortune. The rest of the evening will be at leisure, allowing time to relax, enjoy our resort's amenities, or explore the quaint town of Sukhothai.

Day 5: Sukhothai / Chiang Mai

Included meals: Breakfast, Lunch, Dinner

Today we'll set out on a 6.5-hour drive to Chiang Mai, a city in northern Thailand known for its rich cultural heritage and scenic mountain views. Along the way, we'll make several stops to stretch our legs and enjoy lunch at a local restaurant. Upon arrival, we'll check into our hotel located in the heart of Chiang Mai's historic district, surrounded by centuries-old temples and vibrant markets. In the evening, we'll walk to one of the city's top restaurants to savor traditional Northern Thai cuisine as we begin our time in this vibrant destination.

Day 6: Chiang Mai

Included meals: Breakfast, Lunch

We'll begin our day with a visit to a bustling market where we'll become even more acquainted with fresh Thai produce and pick up the ingredients needed for our upcoming cooking class. Next we'll continue to a small cooking school for a hands-on private class, where we'll prepare some of Thailand's most popular dishes such as Pad Thai, Tom Yum, and the famous dessert known as Mango Sticky Rice. After enjoying a lunch featuring the dishes we prepared, we'll continue our wander through the Old City, exploring the small markets and hidden neighborhoods that put the local culture on full display.

Day 7: Chiang Mai

Included meals: Breakfast

Today will be a free day in Chiang Mai to relax and enjoy this charming town, with your tour leader available to help arrange any activities you may wish to do. For those looking for a bit of adventure there will be an optional day-trip to an ethical elephant sanctuary, where we'll have the opportunity to see these gentle giants up close in a caring, respectful setting. The trained staff will teach us about the elephants' behavior and the dedicated conservation efforts in place to protect them. Alternatively you can stay back in town to relax, treat yourself to a traditional Thai massage, shop in the famous markets or even visit the Doi Suthep temple at the top of a nearby mountain.

Day 8: Chiang Mai / Chiang Rai / Chiang Khong

Included meals: Breakfast, Lunch, Dinner

Today we'll head toward Chiang Khong, a small village on the northern border with Laos that will serve as our boarding point for our boat ride along the Mekong River. We'll begin with a 4-hour drive to Chiang Rai, a city in northern Thailand known for its scenic mountain views, with multiple stops along the way to stretch our legs and take in the scenery. Upon arrival we'll enjoy lunch and then tour the White Temple (Wat Rong Khun). This modern Buddhist temple is known for its white exterior and detailed murals that depict Buddhist teachings alongside local cultural designs, offering a modern take on classical Thai architecture. After the visit we'll continue on a 2.5-hour drive to Chiang Khong, where we'll check into our hotel, enjoy dinner and have an early night before our river trip begins on the following day.

Day 9: Chiang Khong / Mekong River / Pakbeng (Laos)

Included meals: Breakfast, Lunch, Dinner

We bid farewell to beautiful Thailand and step back in time as we cross the Friendship Bridge over the Mekong River into Laos. Everything slows down in Laos and the best introduction possible to this country is seeing life happen on the river. We'll board our river cruise in the morning that will take us toward Pakbeng, a charming small town in Laos. On board you'll have the chance to relax on the sun deck or enjoy a refreshing drink in the lounge. As we cruise, you'll be treated to picturesque views, fishing boats, and quiet villages that showcase rural Southeast Asia. Along the way we'll visit a hill tribe village, where you'll interact with villagers in order to understand the local customs and traditional crafts. The boat will arrive in Pakbeng by sunset and we will make our way to our hotel. This one street town that used to serve as a trading port with China has been slowly converted into a quaint tourist community. We will then try some quintessential Lao dishes tonight for our first meal in the country.

Day 10: Pakbeng / Mekong River / Luang Prabang

Included meals: Breakfast, Lunch, Dinner

After a good sleep, we'll board our boat once again, enjoying the peaceful riverside scenery as we continue our journey. We'll have lunch on board as we make a couple of stops along the way. As we near Luang Prabang we will make a short stop at the Pak Ou Caves. The caves contain thousands of Buddha images due to the country's conversion to Buddhism in the 15th century. We will then complete our last hour of the journey down the river. Upon arrival in beautiful Luang Prabang, a UNESCO World Heritage city in northern Laos, we'll drive to our hotel and check in. This attractive city is renowned for its unique blend of Lao and colonial architecture, its beautiful Buddhist temples, and its tranquil setting along the Mekong River. We'll cap off the day with a walk through the night market and a great dinner.

Day 11: Luang Prabang

Included meals: Breakfast, Lunch, Dinner

Today we'll visit a women's cooperative with a long history of preserving local crafts and empowering the community. We'll take part in a hands-on, half-day bamboo weaving class, where we'll weave a traditional fan made from bamboo and natural fibers, a craft that uses locally sourced materials and techniques passed down through generations. After the workshop we'll take a relaxed walk around the city, exploring its historic temples and charming streets. We'll then wrap up the day with a traditional Lao dinner at a famous restaurant, featuring dishes prepared with fresh, locally sourced ingredients.

Day 12: Luang Prabang / Kuang Sii / Luang Prabang

Included meals: Breakfast, Lunch, Dinner

You will have the option of waking up at 5:00am this morning to see "The Collection of Alms". This is when locals provide food for the Buddhist monks in a daily ritual. Lines of monks in saffron robes follow their daily route while collecting alms. This is an important part of Lao heritage and culture and your tour leader will ensure you are given all the information needed to observe it respectfully. After breakfast, we'll then embark on a light hike toward Kuang Sii, a series of waterfalls famous for their clear, turquoise water cascading over rocky cliffs into natural pools. This easy hike will allow us to take in the beauty of the surrounding forest, although please note that the trail can be uneven and a bit slippery. Along the way we'll pass a bear rescue center, a facility dedicated to rehabilitating rescued bears and supporting local conservation efforts. After the hike, we'll reach a buffalo dairy farm for lunch, where we'll learn about a community farming project focused on sustainable agriculture, nutrition, and providing ingredients to community restaurants. We'll then return to Luang Prabang after these insightful experiences, where we'll sit down for our farewell dinner before leaving Laos the next day.

Day 13: Luang Prabang / Bangkok, Thailand (Departure Day)

Included meals: Breakfast

Early in the morning, we'll transfer to the Luang Prabang airport for our 2-hour flight to Bangkok's Don Mueang International Airport (DMK). From there, you can connect to your departing flight home. For those departing from Suvarnabhumi Airport (BKK), we'll also arrange a transfer from DMK to BKK after arrival. Please note that your return flight from Bangkok should depart at 4:00 PM or later.

Tour Inclusions

Included

✓ Small group experience with a maximum of 12 women

✓ Professional group leader throughout the trip

✓ 12 nights of accommodation in comfortable 3-star/4-star hotels

✓ Daily breakfast, 10 lunches and 9 dinners

✓ Transportation in Thailand and Laos, including private vans, 2 flights and a 2-day cruise on the Mekong River

✓ Local English-speaking guides throughout the trip

✓ All activities, entrance fees and unique experiences listed in the itinerary

✓ Arrival airport transfers

Not Included

✗ Flights to/from Bangkok

✗ Passport/visa fees

✗ Meals and activities not mentioned

✗ Travel insurance (mandatory)

✗ Gratuities

Pricing

Shared Room:	**$ 5,155**
Single Room:	**$ 5,675**
Deposit:	**$ 750**

Accommodations

On this tour, we'll stay in comfortable and convenient 3 and 4 star hotels. All rooms have a private bathroom. There are a maximum of 8 single rooms available. These rooms will be offered on a first come-first served basis. The remainder of the rooms will be shared. Solo travelers will be paired together, two travelers per room in two single beds.

Physical Demand

MODERATE

This trip includes city walks, temple visits, markets, village experiences, a 2-day Mekong River cruise and internal flights. Guests should be comfortable walking for up to 2 hours at a time over both flat and uneven terrain.

The itinerary also includes a light walk at Kuang Sii Waterfalls, where the ground can be uneven, wet or slippery. Warmer tropical weather, early starts, boat travel and some longer journeys may be part of the experience. This trip is best suited for women who can manage a moderately active itinerary with varied terrain and transportation.

Ready to Book Your Adventure?

Women Travel Tribe

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Tour Details: womentraveltribe.com/tours/thailand-laos-dec-2026

Small group adventures designed specifically for women 50+
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