

Thailand & Laos

Timeless Traditions of SE Asia

January 24 - February 05, 2028

Women Travel Tribe

Small Group Adventures for Women 50+

womentraveltribe.com/tours/thailand-laos-jan-2028

Tour Overview

Duration:	13 days
Maximum Group Size:	12 women
Start Date:	January 24, 2028
End Date:	February 05, 2028
Arrival Airport:	Suvarnabhumi (BKK) or Don Mueang (DMK)
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**, explore the grandeur of the **Grand Palace**, 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**, with a village visit and a stop at the **Pak Ou 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 Si 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

After a relaxing morning we'll begin with an exciting boat tour along the Chao Phraya River, Bangkok's main river that flows through the heart of the city and offers views of everyday life along its banks. Afterwards we'll enjoy lunch at a nearby restaurant before exploring the Grand Palace, a magnificent complex that once served as the royal residence. 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, 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. 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, Dinner

After breakfast we'll embark on a half-day guided tour of 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 to a family-run amulet workshop. This is where we'll discover the time-honored 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 town on the northern border with Laos that will serve as our starting point for our boat ride along the Mekong River. We'll begin with a four-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. Our time in Chiang Rai will include lunch and a tour of the White Temple, also known as 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. We'll then 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 the following day.

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

Included meals: Breakfast, Lunch, Dinner

We'll 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 possible introduction to the country is seeing life unfold along the river. After completing the border formalities on the Lao side, we'll board our river cruise and begin the journey toward Pakbeng, a charming small town in Laos. On board, you'll have the chance to relax on the sun deck, enjoy lunch and watch the scenery pass by. 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 local village, where we'll learn more about local customs, daily life and traditional crafts. The boat will arrive in Pakbeng by sunset, and we will make our way to our hotel. This one-street town once served as a trading port with China and has gradually developed into a small riverside community for travelers. We will then try some quintessential Lao dishes during our first dinner 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 our way toward Luang Prabang. As we near the city, we will stop at the Pak Ou Caves. The caves contain thousands of Buddha images placed there following the country's conversion to Buddhism in the 15th century. We will then complete the final hour of our 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 workshop, where we'll work with bamboo and natural fibers while learning techniques passed down through generations. After the workshop, we'll enjoy lunch before taking 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 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 5:00 AM this morning to see the daily alms-giving ceremony. This is when locals provide food for Buddhist monks as lines of monks in saffron robes follow their morning route. 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 embark on a light walk toward Kuang Si, a series of waterfalls known for their clear turquoise water cascading over rocky cliffs into natural pools. The walk will allow us to take in the beauty of the surrounding forest. Along the way, we'll pass a bear rescue center dedicated to rehabilitating rescued bears and supporting local conservation efforts. After the walk, we'll visit a buffalo dairy farm for lunch, where we'll learn about a community farming project focused on sustainable agriculture, nutrition, and providing ingredients to local restaurants. We'll then return to Luang Prabang, where we'll sit down for our farewell dinner before leaving Laos the following 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, 9 lunches and 10 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:	**$ 5,245**
Single Room:	**$ 5,845**
Deposit:	**$ 750**

Accommodations

On this tour, we'll stay in comfortable and convenient 3* and 4* 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-jan-2028

Small group adventures designed specifically for women 50+
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