



# CHARMING, THAI TOURISM, VEGAN, PLANT-BASED, AND SUSTAINABLE





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[www.nfi.or.th](http://www.nfi.or.th)

**Editor**

Mine Idea Creative Agency Co., Ltd.

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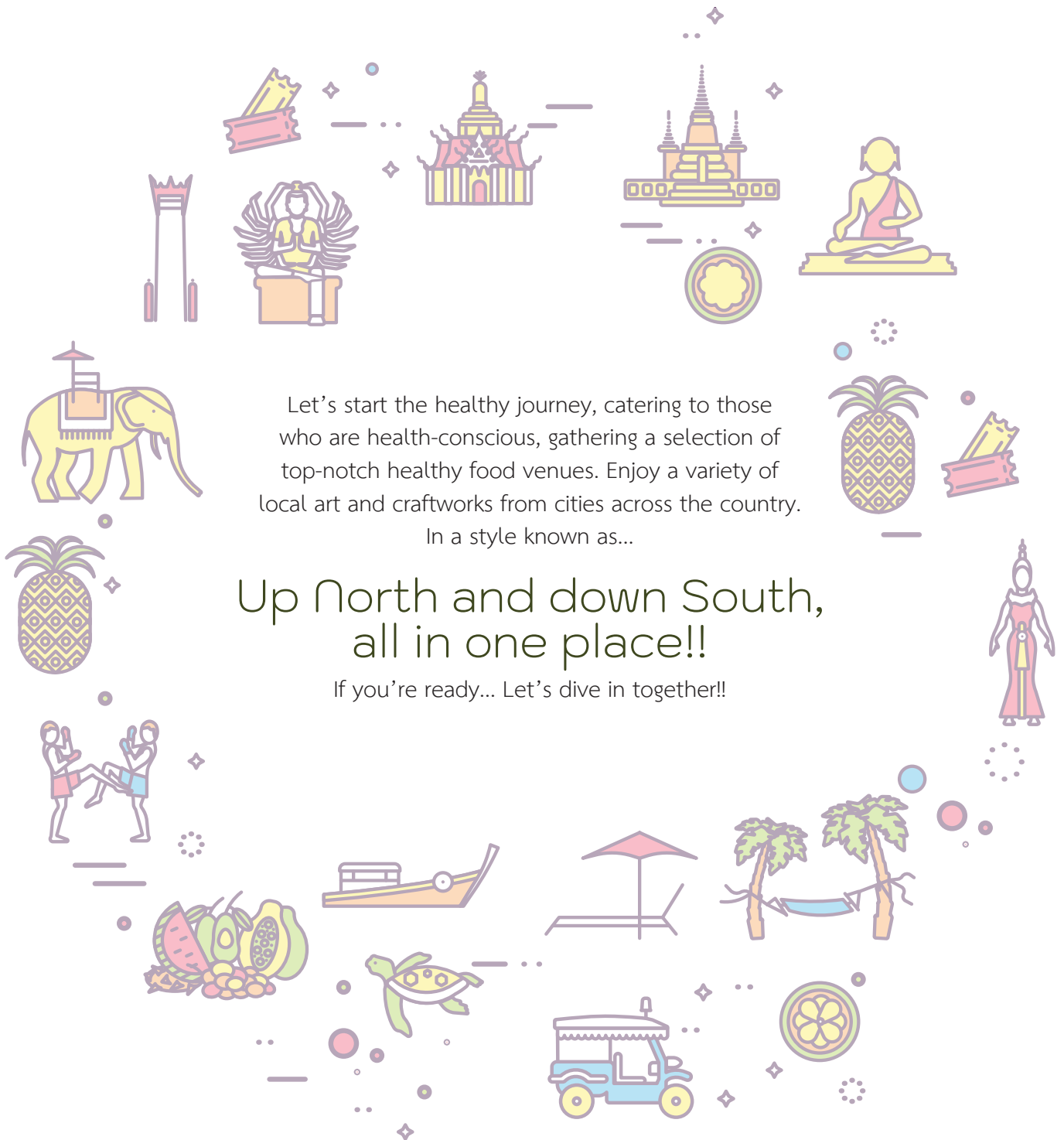


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Let's start the healthy journey, catering to those who are health-conscious, gathering a selection of top-notch healthy food venues. Enjoy a variety of local art and craftworks from cities across the country. In a style known as...

Up North and down South,  
all in one place!!

If you're ready... Let's dive in together!!







# “Chilling in the North”

*Wat Phra That Doi Suthep  
Chiang Mai Province*

Health conscious people can go  
“chilling in the north” and will fall in love  
with the northern region.

Chiang Mai... One of the top destinations that many people want to experience. Discover a province that is suitable for tourism in every season. The colors and atmosphere, surrounded by mountains and ancient civilizations, are mesmerizing. This is the charm of Chiang Mai, a city of creation, a collection of handicrafts, and a complete range of local arts that are suitable for every style.

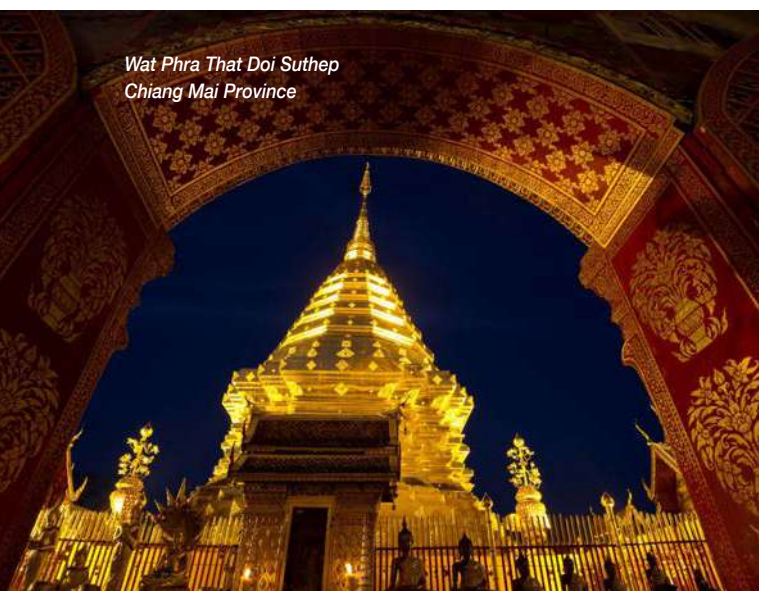






## Phra That Doi Suthep

The sacred rights of Chiang Mai's homes and cities, Wat Phra That Doi Suthep Ratchaworawihan, is a must visit place for tourists who come to Chiang Mai. Paying homage to the Buddha relics is a must for everyone. If you haven't done so, it's as if you haven't truly experienced Chiang Mai!!!



Wat Phra That Doi Suthep  
Chiang Mai Province

### Beliefs and methods of worship:

It is believed that if you come to pay respects and make a wish to Phra That Doi Suthep, you will only have success, your wishes will be fulfilled, and you will be free from all your obstacles. To worship the relics, you should prepare rice crackers, flowers, incense sticks, and candles. Walk around the right side of the temple for three times while paying respects to the relics and making a prayer for what you desire to be fulfilled. Make sure you pay homage to all the four directions of the relics, which provide different benefits. These include:

**North: Wish for wisdom like the full moon.**

**East: Wish to go to Heaven.**

**West: Facing west is the highest reverence and worship towards the sacred relic.**

**South: Wish to become a monk and be ordained in Buddhism.**

Don't forget to stop by and pay respects to the monument of Kruba Srivichai, a Lanna saint who is enshrined at the foot of Doi Suthep for good fortune as well.





Before going back, stop and take a stroll at...

## Hmong Doi Pui Village

Following the trail of fresh ingredients, be sure to visit the strawberry terrace plantation, which are planted in cascades along the mountainside. The atmosphere is beautiful, mixed with mist and cool weather throughout the year. As a result, the strawberries here are large, bright red, and sweet in flavor. They also grow cape gooseberries, arabica coffee, and a flower garden, following in the footsteps of His Majesty King Rama IX in the form of the Sufficiency Agriculture method. The quality ingredients are delivered directly to “Royal Project Kitchen”, which is located in the area of Royal Park Ratchaphruek (the area next to the road), about 300 meters before reaching the entrance to Wat Phra That Doi Kham. Every menu item in the restaurant uses fresh ingredients, obtained from the products of the Royal Project and Thai mountain people that have received support from the Highland Research and Development Institute. The restaurant has a nice garden with an area to sip coffee and eat food. You can sit on the “Hmong Swing” and admire the grapevines that are producing fruit to be used in the Royal Project Kitchen.



052 080 660



09.00 a.m. - 05.00 p.m. (Closed on Wednesdays)



Let's go up the mountain and follow the trail of good ingredients in Chiang Mai by continuing on to...

## Angkhang Royal Agricultural Station

This was the first royal project of His Majesty King Bhumibol Adulyadej, King Rama IX, to promote agricultural careers for farmers instead of them growing opium under His Majesty's concept of “help them help themselves”. The opium farms were changed to winter agricultural plots. Various winter fruits are grown, including peaches, plums, persimmons, pears, kiwifruit, raspberries, blueberries, and strawberries. There are 80 royal varieties, grown in the terrace plantation, which is looked after by Thai mountain villagers. It also includes a greenhouse that collects winter vegetables for tourists to visit and admire the cabbages, melons, eggplants, carrots, and beans. Another place is the “Tea Plantation 2000”, a terraced tea plantation running along the mountainside with cool weather. In the winter, there will be fog floating everywhere, suitable for enjoying the view in the morning or in the evening every day. Just hearing this makes us want to travel. A trip up north during the winter is a must!!!!



Angkhang Royal Agricultural Station  
Chiang Mai Province

Angkhang Royal Agricultural Station  
Chiang Mai Province



Angkhang Royal Agricultural Station  
Chiang Mai Province





Freshness delivered to you...

## Royal Agricultural Station Inthanon

Another research station of the Royal Project Foundation that was created to promote the careers of farming families in this area to grow quality organic vegetables and Good Agricultural Practices (GAP) vegetables. It later developed into another important tourist attraction in Chiang Mai. With good weather, both winter crops and fruits are able to grow for us to eat throughout the year. These include cabbage, red cherry tomatoes, Royal Project tomatoes, green bell peppers, zucchinis, green beans, celery, chayote leaves, fennel, Japanese scallions, pak choi, baby pak choi, baby carrots, bok choy, Chinese kale, green oak leaf, portobello mushroom, and champignon mushrooms. It's hard to believe that so many species come from here!!! There are also fruits such as peaches, persimmons, kiwis, plums, avocados, mangoes, strawberries, cape gooseberries, mulberries, passion fruit, figs, guavas, and grapes. They are all delivered fresh to our hands for you to enjoy.



Start with a light meal from the northern city at

## Moreganic Restaurant

A vegan restaurant in the heart of Chiang Mai located in Away Chiang Mai Thapae Resort – A Vegan Retreat. A colonial style hotel combined with Lanna culture. Surrounded by historical attractions, temples, and the Tha Phae Gate. Most importantly, this is the first resort in Thailand to serve 100% only vegan food. You can't miss their "Khao Soi", a menu that is considered a Chiang Mai signature. Fragrant with spices and mixed with a creamy flavor, so delicious that you can't put it down. You can also try a full option set with their City Hors D'oeuvre set, which includes Sai Ua Sausage, Kap Moo, Nam Prik Ong, fresh vegetables from the Royal Project with steamed rice. Just thinking about it makes you feel hungry. Another great menu that you can't miss is their Khao Mok Gail! A special recipe from the restaurant that you need to try. For those who are health conscious, you should try the Superfood Salad that truly lives up to its name. The dish is full of protein, vitamins, and energy to fuel your entire day.



- 9 Tha Phae Road, Soi 5, Chang Moi Subdistrict, Mueang Chiang Mai District, Chiang Mai Province 50100
- 07.00 a.m. - 10.00 p.m.
- 053 904 974
- moreganicrestaurant





## Up next... Hummus Chiangmai

A Middle Eastern vegan restaurant in the middle of Chiang Mai city in a covered, quiet location. It's perfect for chilling both indoors and outdoors. The dish that you can't miss on their menu is their Falafel, using a variety of beans and vegetables that are mixed and shaped into balls, then fried. Served with a side of pickled vegetables and the restaurant's original sauce. Each bite is so delicious and full of flavor. Another great dish that shares the same name as the restaurant's is their Hummus. Chickpeas and tahini sauce are blended together to make a smooth dip. Topped with chickpeas for some texture and served with pita bread. One dip is never enough!!

109/1 Moon Mueang Road Si Phum Subdistrict,  
Mueang Chiang Mai District,  
Chiang Mai Province 50200

12.00 - 10.30 p.m. (Closed on Mondays)

099 298 5222

hummusCM



## Goodsouls Kitchen

In 2020, vegans from across the country collectively ranked this restaurant as the top plant-based dining establishment in Chiang Mai province. The concept of the restaurant is to source the most organic ingredients and use only what is available locally to reduce travel time and to have as little impact on the environment as possible. A very innovative and environmentally friendly idea. However, the most amazing thing is their creative and diverse foods. From Italian dishes such as their thin and crispy Pizza with 8 toppings to choose from, to their Falafels in Tomato Sauce (one of the best dishes from a secret recipe from an authentic Israeli family). For Northern dishes, you can't miss their Khao Soi and Khanom Jeen Nam Ngiaw...it's full of intense flavors and you have to try it!!!

52/2 Singharat Road, Siriphum Subdistrict,  
Mueang District, Chiang Mai Province 50200

8.00 a.m. - 10.00 p.m.  
(Closed at 03.00 p.m. on Tuesdays)

088 819 9669

goodsoulskitchen







Or should we do a western brunch at...

## The Vegano Bistro

From Caesar Salad, Creamy Mushroom Soup, Mushroom Charcoal Burger, to Acai Bowls. The recommended dish that you can't miss is the Spaghetti in Vegano Truffle White Sauce. The noodles are perfectly cooked and al dente. The special feature lies in the gentle aroma of their truffle white sauce, adding texture with vegan bacon and whole grain cheese. The highlight is that the egg yolk is made from pumpkin, potatoes, and cashew nuts using molecular gastronomy. Finish off the deliciousness with Waffle Ice Cream. Freshly made waffles, that are crispy on the outside and soft on the inside. They're served with their homemade vanilla ice cream (the restaurant's special recipe), topped with brown sugar syrup, and adding some freshness with fresh seasonal fruits that pair perfectly with each other.

- 69, 69/1 Village No. 12, Nong Khwai Subdistrict, Hang Dong District, Chiang Mai Province 50230
- 10.30 a.m. - 9.00 p.m.
- 061 385 5657
- TheVegano

Let's enjoy some noodles at...

## Na Mon Kitchen

This place has a lot of noodle dishes for you to choose from... Let's start with their signature dish that you shouldn't miss, made in the true Northern style... Khao Soi. Instead of meat, they make the dish vegan by using tofu. A thick curry with coconut milk and spices. Topped with garnishes like stir-fried chili in oil, shallots, pickled mustard greens, and a squeeze of lime. So delicious that it is a favorite dish of many people. Don't miss their boat noodles either; they're a must-try for anyone visiting!! Filled with soft and chewy noodles, thick aromatic soup, and full of flavor, it's served using fresh daily ingredients. Because deliciousness is not limited by nationality, another dish that you have to taste is their Muslim inspired Curry Noodles. The exceptional taste makes you want to finish every last drop. In addition, they also have Yentafo Noodles, Tom Yum Noodles, Nam Sai Noodles, you name it...

- One Nimman, 1 Nimmanhaemin Road, Suthep Subdistrict, Mueng Chiang Mai District, Chiang Mai Province 50200
- Every day
- 097 978 0748
- <https://www.facebook.com/profile.php?id=61551439042476>





## Add calcium and protein with Anatani Edamame Milk

The first store in Thailand with a natural health drink using up to 23 grams of protein. It is also rich in various nutrients, including calcium, vitamin A, omega 3 and 6, potassium and magnesium. Japanese people consider it one of the 11 best foods that are beneficial to the body. They are made from fresh edamame so unlike dried soybeans, there is no aflatoxin to worry about. Anatani's bottled and pasteurized edamame milk offers a selection of four delightful flavors to choose from: less sugar, original, original mixed with edamame pulp, and no added sugar. They are tasty and are suitable for all genders and age groups.

📍 1143 Village No. 16, Pa Phai Subdistrict, San Sai District, Chiang Mai Province 50210

🕒 Every day

☎ 089 755 4514

📱 EdamameMiruku



## Take a break from eating and enjoy shopping...

Go shopping at the center for cool crafts in an eco-friendly and CSV (creative shared value) style, perfectly combined with the culture of the northern city. **"Jingjai Market"**, a place where everyone can spend their time creatively with family and friends. Get ready to share experiences and exchange knowledge in a lovely atmosphere among the local people and the community.



Let's start with the first store...

## Gla by Pranee

A collection of home decorations, gifts, and souvenirs, clothes made from hemp fiber and Akha fabric with cool designs... The only place in the world!! You can choose from cushions, placemats, clothes, scarves, bags, accessories, and much more. You are guaranteed to be impressed.

📍 Jingjai Market, Atsadatorn Road, Pa Tan Subdistrict, Mueang Chiang Mai District, Chiang Mai Province 50300

☎ 089 458 1993

📱 glabypranee







## Think of Chiang Mai... think of cool homemade crafts by **Pom Pom Shop**

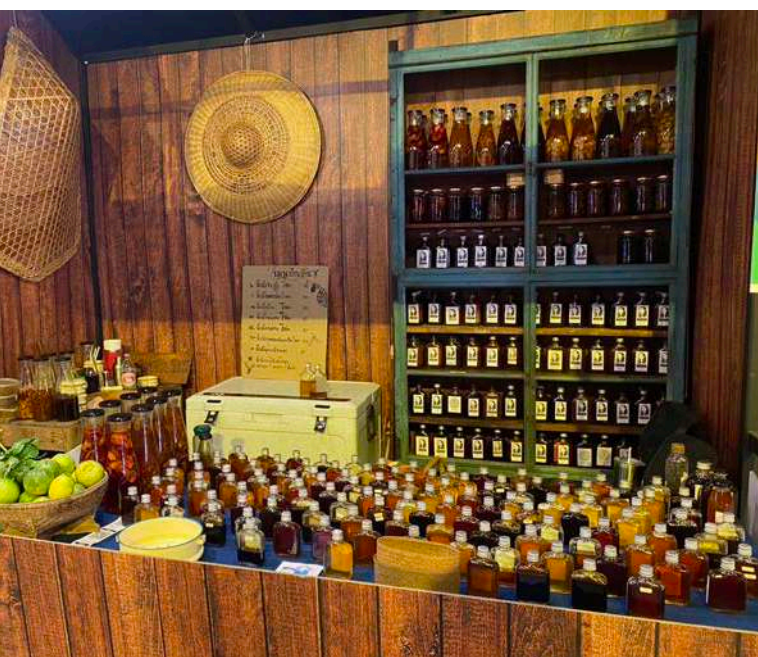
Another unmissable destination!!! The shop focuses on using indigo cotton to make souvenirs and jewelry that are handmade with unique designs. They add decorative tassels, suitable for people with style, or you can choose to buy a cool keychain as a souvenir. These dolls are longing for loving homes and warm hugs. Their shop is constantly busy fulfilling orders to export.

- Jingjai Market, Atsadatorn Road, Pa Tan Subdistrict, Mueang Chiang Mai District, Chiang Mai Province 50300
- 063 642 9964
- [www.facebook.com/profile.php?id=100076196110721](https://www.facebook.com/profile.php?id=100076196110721)

For the mother-daughter duos, you can mix and match styles and feel comfortable while wearing...  
**Cotton Homey Kids and Ladies Wear**

Because this shop uses naturally dyed hand-woven cotton fabric, the color tones can create a look that matches every style. Both their designs and stitching are simple and elegant. How can you not love it?

- Jingjai Market, Room 1104, Asadathorn Road, Pa Tan Subdistrict, Mueang Chiang Mai District, Chiang Mai Province 50300
- 095 673 1509
- [cottonhomey](https://www.facebook.com/cottonhomey)



## Add some freshness in the city of honey **Bum Rung Suuk Farm**

There are more than 130 flavors of honey from all over the country available in the Bum Rung Suuk Farm for you to enjoy. Try their Thai Honey Soda, another new twist of an Italian Soda but a Thai version. A place that shouldn't be missed!! Change the taste with Thai fruits, such as orange, mapam, ginger, plum, banana, and roses. The taste and smell are so smooth, fragrant, and sweet. It is tasty when paired with coffee too – give it a try!

- 123, 125 Takhli Subdistrict, Takhli District, Nakhon Sawan Province 60140
- 088 819 9669
- [BUM RUNG SUUK artisan natural honey](https://www.facebook.com/BUMRINGSUUK)



# CHARMING, THAI TOURISM, VEGAN, PLANT-BASED, AND SUSTAINABLE



Chiang Mai Province

Angkhang Royal  
Agricultural Station

Hmong Doi Pui  
Village

Phra That Doi Suthep

Royal Agricultural  
Station Inthanon

## “Chilling in the North”

### Chiang Mai Province

1. Away Chiang Mai Thapae Resort – A Vegan Retreat / Moreganic Restaurant
2. Hummus Chiangmai
3. Goodsouls Kitchen
4. The Vegano Bistro
5. Na Mon Kitchen
6. Anatani Edamame Milk
7. Gla by Pranee
8. Pom Pom Shop
9. Cotton Honee Kids and Ladies Wear



Bum Rung Suuk

Nakhon Sawan Province



Hotel



Restaurant



Gift Shop



# “ Having fun in Isaan ”

*Pha Taem National Park  
Ubon Ratchathani Province*

## When talking about fun and friendliness, this is it... “Having fun in Isaan”

What best describes the Isaan people is that they are bright, full of life, fun, simple, and friendly. They welcome guests warmly and you will have a friendship hidden in every spot across the region. The way of life of the Isaan people is told through their food, language, beliefs, as well as the arts and culture that they have preserved and passed down from generation to generation. So cool unlike anyone else.

“**Khao Yai**” is another popular destination in the Isaan region. A land filled with good ingredients and an abundance of food sources. There are plenty of places to visit, from chic, chill, adventure, or for those who love nature. You can travel all year round and never get bored, whether it's in the summer, rainy season, or winter season.







Wat Pa Phu Hai Long  
Nakhon Ratchasima Province



Phut Pool, Pak Chong  
Nakhon Ratchasima Province



Manee Sorn Sunflower Fields  
Nakhon Ratchasima Province

The miracle of a temple in the middle of the forest

## Wat Pa Phu Hai Long

It is like heaven on Earth with a captivating 360-degree view of Pak Chong. It is quiet and peaceful, suitable for those coming to seek merit and practice Dhamma. Beautiful in both atmosphere, architecture, and spirit. It is worth checking it out at least once in your life. Next is the "Nam Phut Pool" in Pak Chong, a naturally occurring pond with an emerald green color, so beautiful you'll have to say wow!!! If you don't see it with your own eyes, you won't believe it. The atmosphere is lovely. You can sit, have a picnic, and listen to the sound of the water flowing slowly. You can also hear the sound of the wind blowing through the leaves and the sounds of birds chirping. There are a total of four emerald colored pools.

Relax to the max and stop by to take a few pictures with the sunflower fields of Manee Sorn Sunflower Field, glittering yellow across 540 rai. It starts blooming from the end of November until the end of January. Those who love adventures will also enjoy riding horses through the sunflower fields, how cool! You can only get this once a year so don't miss out!!

The first station is to stop and taste the spiciness and authentic isaan style at

## PenLaos

A famous restaurant in Khao Yai guaranteed by the Bib Gourmand Award from the Michelin Guide. The spacious interior is decorated with wickerwork, nets, and hammocks, which reflects the identity of Isaan. Most importantly, the restaurant pays special attention to the authentic taste and selecting good quality ingredients from farmers in the community that rotates according to the seasons. Getting fresh, clean, and safe vegetables is important for the restaurant to ensure that they take care of the health of their customers. Opening with the restaurant's signature menu...Laotian Curry with Three Mushrooms. The dish contains three different types of mushrooms and fresh zucchini. Sweet and delicious, combined with yanang leaf juice, fermented fish sauce, and herbs. You will enjoy the spicy sauce with spicy herbs, the authentic Isaan style. To add more spiciness, order the Thai Papaya Salad. Their papaya is so crispy and mixes perfectly with their other ingredients. It's delicious and spicy. If you're health conscious, try their Avocado Salad. It's full of flavor and becomes very creamy when mixed with the papaya salad! A snack menu that is packed with protein is their Mushroom Larb. You can smell the aroma of the roasted rice and the sweetness from the delicious mushrooms, bite by bite. Another great dish that is suitable for all ages, Corn Tod Mun. So crispy and it adds even more texture to the corn, so satisfying!!

56 Moo 17 Thanarat Road, Moo Si Subdistrict,  
Pak Chong District, Nakhon Ratchasima Province 30130

Monday - Thursday 09.30 a.m. - 06.00 p.m.  
Friday - Saturday 09.30 a.m. - 08.00 p.m.

083 461 3666

penlaosthailand

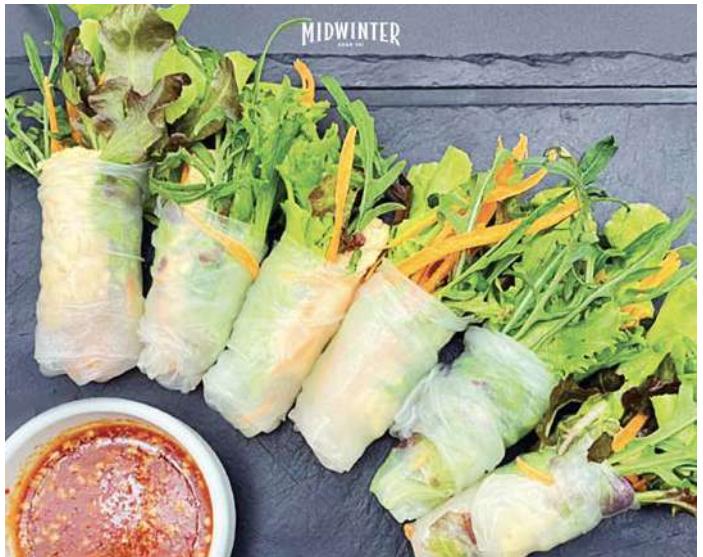




## Behind a large door in a white Scandinavian-style castle is the hiding place of **Midwinter Khaoyai**

A restaurant in the heart of the good ozone, one of the best in the world. It is surrounded by a natural atmosphere with a 360 degree view of Khao Yai. They are ready to provide you with the full range of dishes, from authentic Thai appetizers to delicious Miang Kham Tempeh. Isaan food lovers will enjoy their Fried Tempeh Mushroom Larb. The Tempeh Salad is delicious and healthy, boosting your protein intake. Don't forget to try their fusion menu of Avocado Spring Rolls. It is mixed with their special salad dressing, filled with the sourness from mangoes, the heat of chinda chilis, the fragrant aroma from the chopped kaffir lime leaves, and the deliciousness of fresh avocados from the Midwinter farm. It is very spicy and satisfying. So spicy but so good. You have to try it!!!

- 88/88 Moo 10, Thanarat Road, Nong Nam Daeng Subdistrict Pak Chong District, Nakhon Ratchasima Province 30130
- Every day
- 082 452 8888
- Midwinter.Official



## The Sufficiency Economy Philosophy... Following the footsteps of the King is the method followed by **Pak Pak Chong**

The restaurant intended to use this as a guideline for conducting business, delivering healthy and hearty organic vegetables to consumers, according to the Sufficiency Economy Philosophy, which follows the footsteps of His Majesty King Rama IX. This place is also a learning center and tourist attraction. Agriculture in the style of growing vegetables for fun, Pak Chong farmer style. They compare a vegetable garden to one's refrigerator and the community's homes and markets, emphasizing variety in growing vegetables. They currently grow chillies, kaffir lime leaves, galangal, lemongrass, green oak lettuce, red oak lettuce, baby cos lettuce, even the queen of green leafy vegetables like kale. They have various types of vegetables and herbs used in everyday life, including morning glory, bok choy, tomatoes, basil, and kaffir lime leaves. All of them can be found here at "Pak Pak Chong".

- 388 Moo19, Khlong Muang Subdistrict Mueang, Pak Chong District, Nakhon Ratchasima Province 30130
- 09.00 a.m. - 05.00 p.m.
- 085 999 6642
- pakpakchong8





## The BEST of Chaiyaphum

How can you miss the Krachiew Flower Fields at Pa Hin Ngam National Park when you come to Chaiyaphum Province? The flowers are ready to show off to tourists from June - August of every year. Continuing on to Thung Bua Daeng Bueng Lahan, a landmark of red lotuses all over the Lahan lake. You can go on a boat trip to see the beauty of the red lotus field, a place that should not be missed!! Another natural sculpture that is absolutely amazing is “Lan Hin Ngam” at Pa Hin Ngam National Park in Chaiyaphum. It is a courtyard with large boulders of strange shapes, distributed on an area of more than 10 rai. It is also filled with rare and unusual trees. When you walk up to the top of the high rock, you will feel the fresh air, cool breeze, and enjoy the 360 degree view of Chaiyaphum.



Krachiew Flower Fields, Pa Hin Ngam National Park,  
Chaiyaphum Province



Thung Bua Daeng Bueng Lahan,  
Chaiyaphum Province



Pa Hin Ngam National Park,  
Chaiyaphum Province



A community for sustainability, driving wisdom,  
and combining 100% natural materials

### Nong Bua Daeng Natural Dyes

This is another community for sustainability that arose from the gathering of weavers with the knowledge of weaving and dyeing materials. They are 100% natural, emphasizing ancient patterns that are unique. The patterns describe the unique characteristics of the area and aptitude in community. Their fabrics promote the pride of Thai people from generation to generation, resulting in many different products, such as naturally dyed cotton fabric, naturally dyed mudmee fabric, ancient sarongs dyed with mud, clothing, pants, shawls, and more. Their clothes are very popular both at home in Thailand and abroad. If anyone would like to try doing it themselves, come experience it and learn about the ways of the community. You can tour with the Nong Bua Daeng Natural Dyes weaving group. They are ready to welcome you and show the beauty of nature so that people in the city can try to live with nature, be relaxed, and eat organic food that is good for your heart and your health.



75 Moo 13, Nong Bua Daeng Subdistrict,  
Nong Bua Daeng District, Chaiyaphum Province 36210



092 325 4655



[www.facebook.com/profile.php?id=100063482203102](https://www.facebook.com/profile.php?id=100063482203102)





Explore the ancient world at...

## Khon Kaen Province

Explore the city of dinosaurs, Phu Wiang Dinosaur Museum. This is Thailand's first dinosaur museum and is a place to study and research the conservation of fossils. The first Thai dinosaur fossil was found in Phu Wiang District in Khon Kaen Province, making it an important tourist destination. It is one of the places in Khon Kaen that is suitable for tourists of all genders and ages. It is enjoyable, exciting, and educating all at the same time. From then on, visit the Thung Setthi Temple, another beautiful temple recommended to visit in Khon Kaen. There is a combination of three-world chedis, namely the Chedi Chula Mani located on the second heaven of Buddhist Cosmology, Naga Chedi (underworld), and Maha Rattana Chedi Si Trai Lakkathat (human world). It is believed that this point is the area that connects the three worlds: heaven, humans, and the underground city.



A restaurant for your health and mind,  
serving an international menu at

## Khun Vegan

Start their menu with their Vegan Naem Nueng, a vegan version of the Vietnamese style meatballs. Just hearing the name and you will get excited. They are thin sheets of Vietnamese rice paper wrapped with fresh vegetables and plant-based meat, topped with the restaurant's special dipping sauce. Really delicious! Next is the Larb Sushi and Om Khai Pham Sushi, a curry made with water algae. Very spicy but matches the Thai style and eaten with Japanese rice. It is a fusion dish that perfectly combines the deliciousness of both cuisines. Another dish is their Sweetened Fermented Rice with Mixed Grains. It is a Thai probiotic dish that helps prevent cancer. They also have Korean Bibimbap and Kimbap served with hot Pumpkin Soup, Grilled Kimchi Tempeh Fried Rice, Jajangmian, Vegan Tonkatsu Curry Rice, Drunken Noodle Spaghetti with Tofu, Roasted Tofu with Chili and Salt, Salads, and more! They have over 50 dishes for you to choose from that you can't decide, but we guarantee every dish is worth it!!!

📍 269 Khon Kaen Villa Village, Moo 21, Mittraphap Road,  
Sila Subdistrict, Mueang Khon Kaen District,  
Khon Kaen Province 40000

🕒 10.00 a.m. - 8.00 p.m.

☎ 092 249 3651

📱 khunvegan







Fashion for society, working collaboratively  
with the community

## Folkcharm

Cutting through the city... Get ready to learn and try to make natural cotton in your own style. Start from spinning the cotton fluff into cotton yarn. You then dye it with natural dyes from local plants, before bringing it to be woven and processed through the guidance of the elders who started the wisdom of Farm to Fabric together at Folkcharm. Feast on rice wrapped in banana leaves and local food from organic ingredients. It is made by the elders that will allow you to experience nature, rehabilitate your body and mind, ready to change perspectives and new ideas to adjust your current life to connect with nature. Local philosophers, community leaders in the natural agriculture sector, and the Khun Khun Loei Community Enterprise Group gather here to teach and exchange how to live together with nature on the Phu Luang mountain range and the impact of sustainable development on the ecosystem. You can learn from Mae Ros and the female heroes of Ban Na Nong Bong that use weaving as a tool to fight power and preserve community forests. You can study fashion business concepts for society and work collaboratively with the community. You will understand the connection between producing clothes that supports a slow lifestyle, giving importance to the quality of workmanship and time according to the unique style of each elder in the community. They value fair trade, providing value through setting prices that are fully agreed upon with the community. A price that is transparent and fair that was fused and became "Folkcharm", a source for clothes, jewelry, bags, and souvenirs from the wisdom that have been passed on from generation to generation.

064 229 6414

folkcharm

## Art for the community, signature of Loei Kawinthip Handicraft

A source of arts and crafts that brings the essence of Loei Province to the store. The store brings the work of members of the group ranging from ages 12 - 90 years who love the work of continuing the traditional local culture. They also design the Phi Ta Khon mask patterns and many Phi Ta Khon style souvenirs.

115 Moo 7, Ban Nam Taeng, Dan Sai Subdistrict,  
Dan Sai District, Loei Province 42120

8.30 a.m. - 5.00 p.m.

064 651 7978

Kawinthip.th





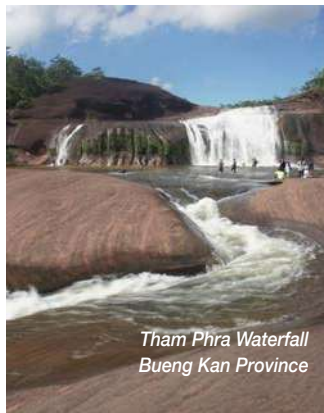
See nature and experience the charm  
of the Mekong River at...

## Bueng Kan Province

The first picture when talking about Bueng Kan Province, we often think of beautiful nature such as the Hin Sam Wan, which is considered an extraordinary beauty of nature. It looks like a family of whales that has a father whale, mother whale, and baby whales. Another place that shouldn't be missed is Tham Phra Waterfall located within the Phu Wua Forest Animal Conservation Area. It is a waterfall from a large rock cliff, flowing down onto an open rocky area approximately 100 meters wide. It becomes a swimming area similar to a large water park, which has large body of water that is very clear and beautiful. You can end the trip with... Naka Cave, the faith of the Naka City, because the story and strength of faith has been with Thai people for a long time. People often come to pay homage and pray for good fortune here. Inside the cave on the walls are appearances of what resembles the scales of the Naka that is curled up. The Naka's head and scales can be seen on the large brown rocks. This spot is a popular place for tourists to come and worship. They ask for luck, fortune, and auspiciousness for their lives. According to ancient beliefs, this place was once the homes of the Nakas who lived together with humans to protect them from danger. It is considered to be another unseen spot that you must travel to experience for yourself at least once in your life.



Hin Sam Wan  
Bueng Kan Province



Tham Phra Waterfall  
Bueng Kan Province



Naka Cave  
Bueng Kan Province



The origin of the charm of woven fabrics  
in the Mekong River...

## Dara Nakee

Let's take a break from traveling to talk about shopping. Besides the beautiful nature, Bueng Kan Province is also famous for its woven fabrics, one of which is weaving Pha Khao Ma (loincloth) with natural dyes soaked in mud from the Mekong River. The Baan Sa Ngo community weaves local cotton fabric through the wisdom of the elders in the village. The new generation use plants that can be found in the local area like the green areca nut, the skin of wild apple trees, and the bark of the Ratchaphruek tree to dye the fabric. They soak the fabric in mud from the Mekong River to make the fabric softer and the color more durable. There are more than 12 unique Pha Khao Ma patterns, such as the governor pattern, the flowing water pattern, the two sides of the Mekong pattern, and the Pathumthip pattern. There are also hats and keychains of the whale family from the Hin Sam Wan landmark. Those who love earth tone clothes with designs... Dara Nakee is the answer!!!



- 91 Moo 2, Baan Sa Ngo, Hor Kham Subdistrict,  
Mueang Bueng Kan District, Bueng Kan Province 38000
- 08.00 a.m. - 05.00 p.m.
- 095 664 7134, 091 061 2024







You will find out that...Thai clothes are fun to wear!!!

## Kram Ram

Another design made from hand-woven indigo-dyed cotton from the local weaving group of Baan Dong San. “Kram Ram” has an outstanding feature of natural dye combined with the local weaving culture. It has been meticulously designed and sewn with a unique look like no other. They focus on creating new and cool fabric patterns through their weaving process. Most importantly, they combine modern graphic patterns that are suitable for all genders and ages. Not only do they make clothes from hand-woven cotton and dyed in natural colors, they also have scarves, shawls, cotton bags, hats, and hand-painted keychains. They all have unique designs and you should buy one to bring home!!

- 134 Moo 6, Baan Dong San, Sang Subdistrict, Seka District, Bueng Kan Province 38150
- 098 567 4668
- KramRamIndigo

## City of Three Dharmas Mueang Nong Han Luang

Let's end the trip in Mueang Nong Han Luang or Sakon Nakhon Province, a city of three Dharmas: Dhamma, Nature, and Culture. Starting with “Dhamma” and Tham Pha Daen Temple, a beautiful unseen temple in Sakon Nakhon. The temple is over 100 years old and located on a mountain, giving a 180 degree view of the city of Sakon Nakhon and Nong Han Lake. There is also a landmark of stone cliff carvings telling various stories from Buddhism. On top there is a large golden stone pagoda that can be seen from a distance, which represents the peak of Mount Phra Sumeru, a sacred and spiritual place. You can study nature in a very chill atmosphere with beautiful views at Nong Han Lake. It is the largest source of freshwater in the northeastern region, which is also a local fishing source, a source for drinking water, and a place of relaxation for the people of Sakon Nakhon.



Tham Pha Daen Temple,  
Sakon Nakhon Province



Nong Han Lake, Sakon  
Nakhon Province



Stone cliff carvings, Tham Pha Daen  
Temple, Sakon Nakhon Province



Heritage wisdom, unique, and chic woven bags

## Lai Mhai Kram

At Lai Mhai Kram, you can learn about the culture of weaving to support community enterprises that create jobs and strengthen the communities. A collection of woven bags and woven mats made from natural materials that are bright colors with various patterns. They are ready for you to show off and try.

- 28 Moo 10, Nong Lat Subdistrict, Wari Phum District, Sakon Nakhon Province 47150
- 08.30 a.m. - 05.00 p.m.
- 089 575 8383
- [www.facebook.com/profile.php?id=100026943407121](https://www.facebook.com/profile.php?id=100026943407121)





# CHARMING, THAI TOURISM, VEGAN, PLANT-BASED, AND SUSTAINABLE







# “ UNIVERSE of CENTRAL ”

Chao Phraya River, Bangkok

The perfect center of deliciousness...  
“UNIVERSE OF CENTRAL”

If we were to talk about the source of deliciousness that can be found throughout the day, the range of natural ingredients from the source, the architecture, the tourist attractions, the way of life, civilization, and all kinds of fun.... This is the colorful metropolis, a place that brings together all styles, all nationalities, many languages, many cultures, and people from all levels.







Wat Phra Sri Rattana Satsadaram  
(Wat Phra Kaew),  
Bangkok

## Colorful metropolis “Bangkok”

Pay homage to the sacred item of the homes and cities of Thailand, Wat Phra Sri Rattana Satsadaram, or better known as “Wat Phra Kaew”. You can also admire the beauty and pay homage to the Phra Phuttha Maha Mani Rattana Patimakon or the Emerald Buddha. Walking around you will see the beautiful architecture of glass walls surrounding the Ubosot (ordination hall), the gilded statues of golden garudas, and murals depicting the literature of Ramakien. This place is a religious place that can be called a valuable national treasure and is also a collection of historical stories of Rattanakosin City that is worth visiting once in your lifetime. Afterwards, you can stop to pay your respects and ask for blessings at the Bangkok City Pillar Shrine, built during the establishment of Rattanakosin City as the capital. According to the customs of the Brahman’s ceremony, “before a city is built, a ceremony must be held to raise the city pillars in an important place in order to bring good fortune to the people of the city that will be built”. Therefore, it is considered as a sacred and ancient place that has been in Bangkok for a long time and is the center of the hearts and minds of the people of this metropolis. Not too far away is another landmark in the heart of Bangkok, the “Sao Chingcha” or “Giant Swing”. It can be called as another symbol of Bangkok. Travel a little further to the little corners where you can take chic photos of Bangkok’s colors, a perfect blend of vintage elements and street art in the Charoen Krung area. It is an old area in Bangkok that never sleeps. It has a unique charm that attracts the hearts of both young Thais and expats. You will see artistic patterns along the walls in the alleys, starting from the beginning of the street all the way to the end while also preserving the architecture of the buildings. They are beautiful and are ready to be shared with the eyes of the world. Even local Thais will want to take a bunch of photos to keep.



Sao Chingcha,  
Bangkok



Yaowarat, Bangkok







Open a new dimension of the vegan way of life at...

## Veganerie

It is a well-known restaurant and bakery among those who are health conscious with more than 150 dishes to choose from, offering both Thai and western food. Starting with their breakfast menu, they offer dishes such as Acai Berries Smoothie Bowl, soybean yogurt topped with granola, oats, almonds, chia seeds, stevia, bananas, pineapples, and served with fresh berries. Making it fresh and adding energy to your breakfast. If you want something more filling, try their Carbonara Spaghetti. It is delicious, creamy, and packed with champignon mushrooms and crispy vegan bacon. Making it so tasty that you can't put it down. Another great dish is their Quesadilla that looks similar to a Mexican style pizza. It's eaten hot with lots of cheese and served with a bit of avocado. It's good that you will want to order another plate! For something sweet, you can't miss the Extra Dark Chocolate Brownie, which is rich and full of flavor. Another good option are their cookies, which come in three flavors to choose from, Chocolate Chip, Oatmeal Raisin, and Chocolate Cranberry. They are guaranteed to be so addictive that you won't be able to put it down.

8 venues: VEGANERIE Kingkaew (Suvarnabhumi), NANA (Sukhumvit 11 Ambassador Hotel, G Floor), CONCEPT (Sukhumvit 24, beside Benjasiri Park), Grab & Go (G Floor at The EmQuartier), Lasalle (Soi Lasalle 55), SOUL (G Floor (North zone) at Siam Paragon), SILOM (B Floor at Silom Complex), STREET (Ban Khaek Intersection)

09.30 a.m. – 10.00 p.m.

Veganerie

Boost some freshness with...

## Kale Konnection

Stop to take a break and sip on a glass of cold-pressed kale juice, the queen of leafy greens. They are mixed with fruit juice and are guaranteed to satisfy those who want to be healthy. The store is meticulously trained to ensure freshness, good taste, and high quality packed in a bottle. They have 100% cold-pressed kale mixed with fruit juices, and 100% cold-pressed seasonal fruit juices. You can also eat fresh kale, which is packed with fiber. It helps trap fat and reduces cholesterol in your blood. Another good item you can't miss is their freshly packed Swiss chards that have countless medicinal properties. They contain excellent levels of antioxidants and are perfect for making healthy smoothies.

Siam Paragon, Design Village Baromarajajonnani, The EmQuartier, The Emporium, The Mall Bangkai, Centra Bangna, Central Ladprao, Central Rama 2, ICONSIAM

@Kalekconnection

kalekconnection





## Healthy food that everyone will fall in love with Tonklar Facai

This is an organic restaurant that supports organic Royal Project vegetables. They also operate under the Social Enterprise concept, delivering a portion of the profits to contribute to the Siriraj Foundation to develop traditional Thai medicine. Dining here will fill you with delicious food and it is good for your health, body and mind. Let's start with a light dish. Their Avocado and Herb Tortilla stuffed with tempeh is a good source of quality protein from soybeans, combined with the fats from the avocado that are good for the heart. The purple cabbage and cucumber provide good dietary fiber. You can enjoy the Avocado and Herb Tortilla with their special dip, which is rich in probiotics that help boost the immune system. It is suitable for those who want to control their weight or are diabetic. Next on their menu is their Khao Yum Tonklar Facai, a rice salad that emphasizes the importance of superfoods because in one day, you should eat up to 5-6 colors of vegetables. The dish includes beetroot, gotu kola, flax seeds, macadamia nuts, and luohan guo. That's not all, they also add germinated brown rice from five good rice varieties that contains GABA. The dish will help you feel relaxed, energetic, improve your cognitive function, and it will make you completely full!! Another all-in-one superfood dish is the... Rainbow Bowl, a great source for quality protein from chickpeas, edamame, quinoa, and grilled tempeh. There are carbohydrates from quinoa and sweet potatoes as well as good fats from avocados, which help reduce cholesterol. There is high dietary fiber from every vegetable in the dish and the tomatoes are a good source of lycopene, which helps take care of your skin and digestive system. The Rainbow Bowl is drizzled with balsamic dressing, using a special recipe by Tonklar Facai. It's delicious and refreshing, making it easy for you to finish a big bowl of vegetables. So healthy! Another dish you need to try is their Vegan Fish Maw Soup made from yamabu-shiitake mushrooms. It's easy to eat, it's vegan, and it helps nourish the brain. The nutrients in this dish help prevent Alzheimer's disease. End your meal with Butterfly Pew Oh Aew and Lemon and Oh Aew Busarakam made from low calorie figs. So fresh! Be sure to try Tonklar Facai because we want you to dazzle your tastebuds, fill your heart, and keep you healthy.



📍 3 branches: Chulalongkorn Hospital Branch  
(Special Inpatient Building 14 floors),  
Henri Dunant Road, Tel. 083 239 6566  
Ari Soi 1 Branch, Tel. 082 495 6966  
Mahidol Salaya Branch, Tel. 085 414 6966

📱 tonklarfacai

Those who are health conscious, don't miss this place...  
Delicious without feeling guilty!!

## HEBE Plant Bar

They offer plant-based ice cream that is low calorie and low sugar, suitable for everyone. They have created a concept that is good for the world and emphasizes natural cooking using good ingredients to create ice cream that is smooth and soft. They use rice milk, oat milk, almond milk, pistachio milk, and coconut milk. Serving over 25 flavors, including Cherry Chesseecake, Yolo Yuzu, Viva Violet, Heavenly Sea Salt, Beyond Berry, Naked Chocolate, Hakuna Ma Java, and more. Every flavor is delicious, you really can't go wrong.

📍 The EmQuartier, 695 Sukhumvit Road, Khlong Tan Nuea Subdistrict, Wathana District, Bangkok 101100

🕒 10.00 a.m. - 10.00 p.m.

☎ 061 040 2616

📱 hebe.plantbar

📷 hebe.plantbar





A healthy restaurant for the new generation  
in the heart of Thonglor

## VIBE

They are ready to serve a variety of vegetarian and vegan food, offering authentic Thai, Asian, and western cuisine with drinks at affordable prices throughout the year. There are so many delicious dishes to choose from. Let's start with a light dish. It's simple but guaranteed to please both Thais and foreigners, Mhoo Ping (grilled pork skewers) served with warm, fragrant, and soft quinoa sticky rice. You have to dip it with their spicy dipping sauce, which is so delicious you can't put it down. Next are their Satays, another popular dish made from plant protein, seasoned and grilled to perfection, made fragrant with light spices. They're served with the restaurant's delicious dipping sauce. Give it a try and the next thing you know, you already finished the dish! We end the meal with their western style Green Curry Pasta. They use authentic southern green curry, coconut sugar, and coconut milk. You don't need to worry about putting on weight! It's low in calories, good for the heart and health, while still very delicious!!

118 Soi Sukhumvit 36, Soi Saen Sabai, Rama 4 Road,  
Phra Khanong Subdistrict, Phra Khanong District,  
Bangkok 10110

07.00 a.m. - 07.00 p.m.

097 298 5570

vibecoffeeebkk



## A contemporary style Thai dessert café Heaven on EARTH by Chankanom

A super cool Thai dessert café with a view of the Chinatown Arch!! Who would have known there is a contemporary Thai dessert café hidden on Charoen Krung Road. Behind the blue door hides the aroma of Thai desserts, an idea that maintains the charm of Thainess combined with modernity. To adapt to suit the changing times, the Thai desserts today have become a High Tea Set that we want you to try. There are different choices of Ta Gos such as taro, corn, and sticky rice with various toppings, such as Look Chit (palm seeds), Nah Nuan, or you can choose to eat it with Thai desserts, such as Cha Mongkut, Leum Kleun, Foi Thong, Thong Yot, Med Kanoon, Thong Yod, and other sweets that have changed the appearance from charming Thai desserts to a modern and unusual look. They have added new ideas to add more charm to Thai desserts and make them more contemporary.

673-675 673-675 Charoen Krung Road, Talat Noi Subdistrict  
(Sam Yaek), Samphanthawong District (Sampeng),  
Bangkok 10100

08.00 a.m. - 06.00 p.m.

086 374 7878

chankanomthaisweet





When talking about delicious things, you must think of...

## Akarawin Interfood Co., Ltd.

They sell healthy processed food made from vegetables and fruits, starting from breakfast with granola in an array of flavors. Health conscious foodies will love that their food is packed with protein, dietary fiber, vitamins, and minerals. You can have it with milk, warm porridge, or sprinkle it on salads for those busy days. If you're in a rush, you need to try their Granola Bars and Protein Bars or start your day with their Vegan Protein Shake with Probiotics. You can also snack on their Almond Butter Cereal Cookies with Cashew Nuts during the day. They're fun to eat, never boring, and give you energy to go through all your activities!!

- 185, 187, 189 Soi Chan 16, Chan Road, Thung Wat Don Subdistrict, Sathorn District, Bangkok 1012
- 09.00 a.m. - 05.00 p.m. (Closed on Sundays)
- 02 676 4488
- AW.Interfood



So delicious, so easy, you just need to open the refrigerator!!!

## PLAND

Whenever you are hungry, just open the refrigerator and find... Okonomiyaki, made entirely from chickpeas. It's firm, has no starch, no sugar, no preservatives, and it's so easy to make. If you like them crispy and soft, we recommend warming it up in an air fryer. If you like it soft and chewy, you can warm it up in a microwave. It's guaranteed to be delicious. Another highlighted dish that is high in protein and high in fiber is their Flourless Guichai (garlic chive dumpling). It's the best. Crispy on the outside, soft on the inside, and definitely not greasy. Our absolute favorite is their Chickpea French Fries. It's very tasty, it's like eating tofu snacks. Their dipping sauce is even better, you should try it because it's so good!!!

- 16/1 Soi Phahonyothin 30, Chandrakasem Subdistrict, Chatuchak District, Bangkok 10900
- plandbkk







The answer to all your skin questions

## The Apuds

For those who are looking for souvenirs from nature, The Apuds is your answer. They have natural products to solve your skin problems from face to toe. Their “Banana Lips” is their homemade lip balm. The phenolics in banana peels will help your skin return to its soft, smooth, and normal skin. The lip balm helps retain moisture in your lips. Their cocoa butter, shea butter, and vitamin E helps brighten the skin while moisturizing it. Their Banana Scrub Soap is a scrub soap made from powdered banana peels. It helps clean your skin clean while not irritating it. Another innovation of theirs is their Heel Stick, which helps take care of cracked feet to make them smooth again. You can show your beauty without being embarrassed. In addition, they also have essential oils and natural cleaning products you can buy as great health care gifts for those you care about.



10/52 Soi Prawit Lae Phuean, Prachachuen Road,  
Ladyao Subdistrict, Chatuchak District, Bangkok 10900



062 982 4461



theapuds



A healthy bakery with good atmosphere

## Baan Khun Mon

Traveling from Bangkok to Pathum Thani province... We are giving out the location of a bakery that you must visit: Baan Khun Mon. They have Sprouted Brown Rice Bread and they emphasize on using high quality ingredients. There is a wide variety to choose from, including grains, quinoa, and quinoa-cranberry. If anyone likes their breads with fillings, they have plenty to choose from, including red kidney bean, taro, ginkgo, pumpkin seeds, lotus seed, five beans, apple, coconut, raisins, spinach, and shiitake mushroom. It's so soft and filled with flavor in every bite. Let's start your good health with a healthy bakery!! They have five branches all over Bangkok or you can order through online channels. They are ready to spread deliciousness all over Thailand!!



52/3, Moo 5, Bang Khu Wat Subdistrict,  
Mueang Pathum Thani District, Pathum Thani Province 12000



10.00 a.m. - 09.00 p.m. (Closed on Wednesdays)



086 533 4088



baankhunmon







Wat Rai Khing, Phra Aram Luang,  
Nakhon Pathom Province



Sukjai Market,  
Nakhon Pathom Province



Don Wai Floating Market,  
Nakhon Pathom Province

A minimal style café in a lemon farm with a natural feel  
and Japanese style

## Lemon Me Farm

In a city of chic cafés, those who love visiting trendy cafés must not miss this place... A cozy feel combined with the perfect character of the lemon farm. Their meticulous design consists of an entrance that looks out to the lemon farm that is as wide as the eye can see. They mainly use circles as the main element for decoration to represent limes!! Now let's talk about their delicious menu, all dishes are made from their fresh and refreshing lemons and limes!! They have a Slurpee with three flavors, three styles, and all are freshly picked and squeezed from the farm. So tasty! They have one with lime and honey. It's sour, sweet, and very soothing to the throat. Their butterfly pea and lemon is also delicious with a slight sweetness. There are also many products processed from lemons and limes, including lemon honey, licorice soaked with lemon or lime, and lime jelly. You can say that this place is the source of many menus made from lemons that shouldn't be missed.

📍 44/1, Moo 4, Khlong Yong Subdistrict, Phutthamonthon District, Nakhon Pathom Province 73170

🕒 Mondays – Fridays: 08.30 a.m. - 06.30 p.m.  
Saturdays – Sundays: 08.30 a.m. - 07.30 p.m.

☎ 084 767 9699

📱 lemonmefarm



## Nakhon Pathom Province

Let's check in at... Sukjai Market, an organic market that supports farmers who grow organic produce in Sam Phran District in Nakhon Pathom province and nearby provinces. This is part of the Sam Phran Model Project, providing organic produce to be sold directly to consumers. The crops are as fresh as you can get them from the land. This includes local organic vegetables and fruits as well as traditional sweet and savory food. They utilize ingredients that are good for your health and are price friendly. Another floating market that you must not miss if you come to Nakhon Pathom is the Don Wai Floating Market, a floating market along the Tha Chin River. It's full of shops, selling both sweet and savory food, traditional desserts, handmade products, fresh fruits, and vegetables grown by people in the community. After that, stop by to pay respects at Wat Rai Khing Phra Aram Lhuang. It's a famous temple and is also the center of the hearts and minds of the people of Nakhon Pathom province.







## The Power of Soft Power, Lavo City

### Milky Ice

Finish off with deliciousness and add freshness with... ice cream from the land of Phra Narai. Milk ice cream that is fresh, smooth, and creamy. They have many flavors that you shouldn't miss!! Some of their flavours everyone is familiar with and are loved by children and adults alike include Hokkaido Milk, Vanilla, or Cookies and Cream. All smell lovely and taste so good.

If you love some texture in your ice cream, you can have their Cookies and Cream ice cream with cookies and chocolate brownies. They use real cocoa powder from France that gives it a rich flavor. It's great when combined with their chewy brownies, giving it the perfect touch.

Their Young Coconut ice cream is so fragrant with the smell of authentic coconut. It's cool and refreshing with the lovely textures of the coconut meat in every bite. They even have a Durian ice cream, the king of fruits, mixed with fresh milk flavor. It's so fragrant and sweet. It is so popular that it appeals to both Thais and foreigners.

For those who love tea... their Thai Tea Brownie is the answer. The flavor is lovely and has a nice aroma of real Thai tea. It's combined with chewy brownies that add a delicious texture.

Let's try a dish for those who love the Land of the Rising Sun, Japanese Rice Tea. It has a light fragrant smell from the roasted Japanese rice. Another delicious flavor is their Premium Matcha, which uses real green tea. The Sakura flavor is also delicious with a light sakura scent. To please fruit lovers... you have to try their Yuzu flavor that has a sweet and sour taste with a lovely citrus smell. So refreshing that you will want to eat another one. Their Japanese Melon flavor tastes like eating real chilled melons.

But if you love fresh fruit, you have to try their sorbets. They have Lemon, Mango, Grape, Passion Fruit, and Strawberry. All are so satisfying.

Ending with another flavor that is considered "soft power", their Thai Melon Coconut Milk flavor. It's so smooth and is sweet from palm sugar, dried banana rum, pineapple, chili and salt, and khanom tom (coconut balls). Their Coconut Milk ice cream is mixed with caramelized grated coconut with a light scent of candle smoke. Let's just say that it's amazing. Lastly, they also have "Zmoothies", fresh fruit smoothies to quench your thirst. You can choose fruit sodas, so fresh that you can really taste the fruit.

91/89, Moo 4, Phahonyothin Road, Khao Sam Yot Subdistrict, Mueang Lopburi District, Lopburi Province 15000

089 127 7878

MilkyIceThailand





## Have fun creating with marbling art technique at Walee Marbling Art

Stop by at Ayutthaya, the old capital... Have fun with DIY activities that create unique pieces. Have fun creating with marbling art techniques from Turkey. It's a technique of dripping, flicking, and drawing patterns onto the water with organic paints extracted from minerals and rocks. You then lay the paper or fabric onto the colors to absorb them. You can create any pattern you'd like. They have all the tools you can imagine to create clothes, scarves, and hats. They can be washed without you worrying that the color might bleed out. Those who want to create a cool and unique hat or more must try this place!!

183/1, Moo 3, Pak Tha Subdistrict, Tha Ruea District, Phra Nakhon Si Ayutthaya Province 13130

087 605 1289

WALEE marbling art



## Sense of Salt

### Kang Hun Tong Salt Spa

After a long day of traveling, you can end the trip at... Kang Hun Tong Sense of Salt Spa. The source of the salt for the spa comes from the best sea salt in Thailand. Through local wisdom in selecting outstanding salt tablets, they bring the properties of "pure salt flower" and combine them with various herbs to help treat stress and relieve fatigue. It helps stimulate the skin's function and makes the sweat and sebaceous glands produce oil to nourish the skin. The spa will definitely help you get ready to continue your journey into the Eastern region of Thailand!!

90, Moo 7, Bang Kaeo Subdistrict, Ban Laem District, Phetchaburi Province 76110

Every day

086 544 4473

[www.kanghunting.com](http://www.kanghunting.com)

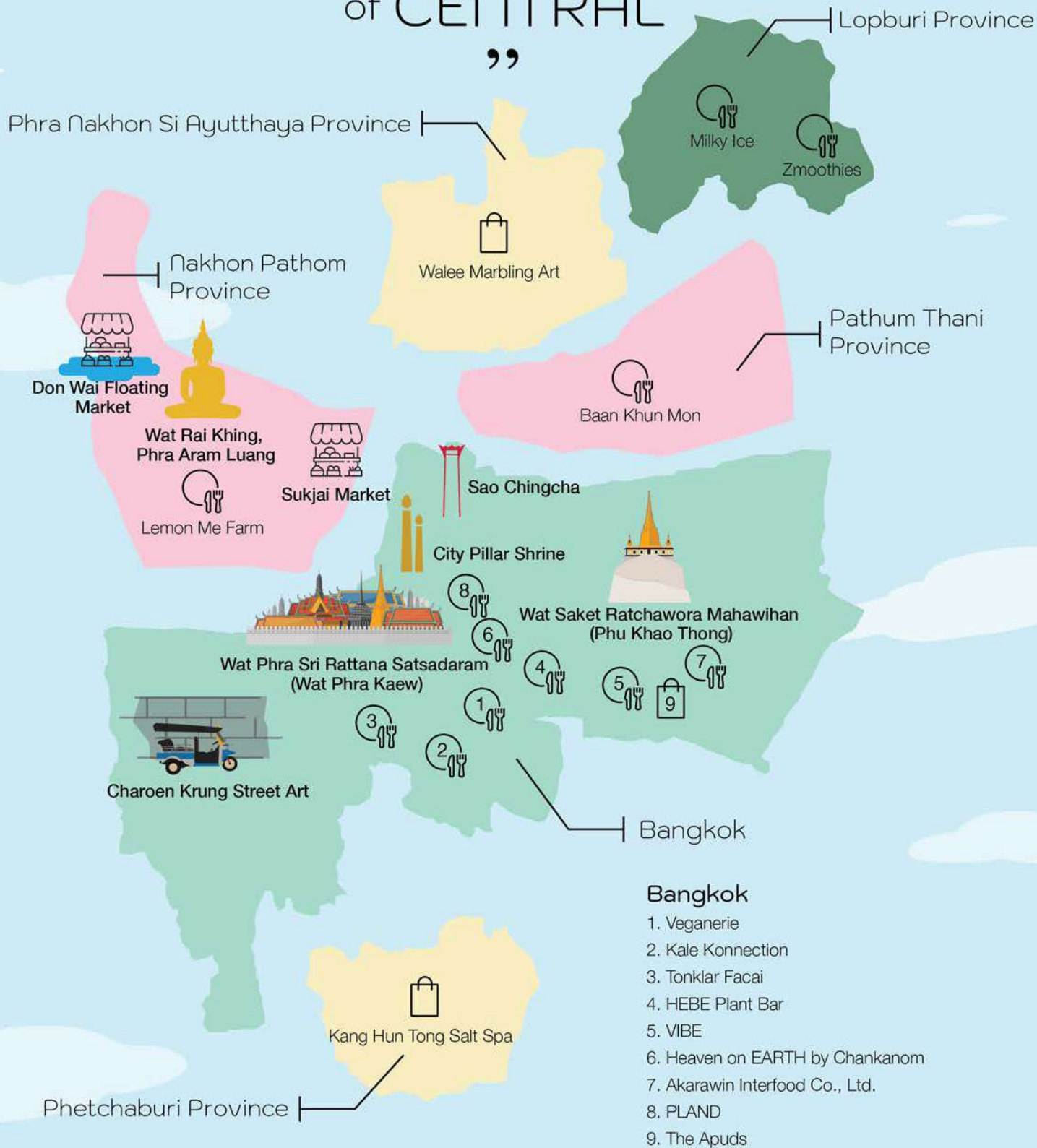




# CHARMING, THAI TOURISM, VEGAN, PLANT-BASED, AND SUSTAINABLE



## “ UNIVERSE of CENTRAL ”







# “ Enjoying the Eastern Sea ”

Koh Kham,  
Trat Province

## Have fun “Enjoying the Eastern Sea”

Listen to the sound of the waves mixed with the sound of the wind... A paradise on a sandy beach where many people want to come to recharge their batteries and get ready to start their new day. Because this is what nature created, “the happiness of the sea”. The eastern region doesn’t just have the sea... There are many places to visit, such as vineyards, Thailand’s Grand Canyon, sacred treasures, aquariums, and many more places that have come from the integration of many cultures and communities. The people in this region are rich in kindness and generosity towards everyone, which is something that reinforces being Thai and why Thailand is “The Land of Smiles” (:





## An unseen secret mine Grand Canyon Kiri

### Who said that the eastern region only has the sea!!

Experience “Grand Canyon Chonburi” or “Grand Canyon Kiri”, a check-in spot near Bangkok that many people still don’t know about. In the old days, this was a former quarry where workers had to mine the rocks by hand before taking the stones to sell them to the road contractors. At that time, there were no labor-intensive tools. When machines started being used in the area, this place therefore became a well that is over 30 meters deep. One of the reasons why the water surface here is beautiful and a clear emerald green color is because the bottom is a rock pond where the color of the water changes according to the weather conditions. It’s the perfect spot for pictures. The view is endless, giving the feel of being in a foreign country. It’s the perfect spot to post photos on your social media.



Grand Canyon Chonburi or Grand Canyon Kiri,  
Chonburi Province

- 20000 Muang Chonburi Bypass Road, Huai Kapi Subdistrict, Mueang Chonburi District, Chonburi Province 20000
- Every day 09.00 a.m. - 06.00 p.m.



The Sanctuary of Truth,  
Chonburi Province

## A historical tourist attraction, The Sanctuary of Truth

Let’s move on to the mesmerizing Sanctuary of Truth, a magnificent wooden castle by the sea, the largest and most spectacular in Thailand. It is beautifully decorated with sculptures and carved patterns in the Thai Chaturamukha style. More than 100 meters high, it reflects the worldview of wisdom. What makes this place stand out is that they used hardwood that can bear weight well for construction, such as takhianthong wood, padauk wood, red wood, teng wood, and golden teak wood. A contemporary Thai architecture built in the reign of King Rama IX, it was designed to break away from the traditional Thai architectural framework but relied on ancient methods for construction. For example, fastening wood by using dowels, engraving, and dovetail wood joints. They did not use any nails. The main idea is to present beliefs, religion, philosophy, ethics, civilization and the beautiful culture of Southeast Asia. In addition to visiting the beauty of the Sanctuary of Truth, the area around it also has many other activities for you to enjoy, whether it’s riding a horse-drawn carriage, riding an elephant,

driving ATVs around the Sanctuary of Truth, or hiring different types of boats to enjoy the sea. There’s also performances of Thai arts and culture. You can enjoy Thai folk dance, martial arts, Thai dancing, Krabi Krabong (weapon-based martial art), Muay Thai, and dolphin shows all in one place! Most importantly, the Sanctuary of Truth received an award in the Outstanding Tourist Attraction category from the Thailand Tourism Awards in 2008 as well.

- 206 Soi Na Kluea 12, Na Kluea Subdistrict, Bang Lamung District, Chonburi Province, 20150
- Sundays - Thursdays 08.00 a.m. - 06.00 p.m.  
Fridays - Saturdays 08.00 a.m. - 08.30 p.m.
- 084 767 9699
- sanctuaryoftruthmuseum





Good health starts here!!

## Plants Corner

A vegan café and restaurant with tasty drinks that are healthy. The food and drinks have probiotics as well as are high in fiber, which helps the digestive system. They carefully select vegetables from a fresh, clean, and safe source. They have a wide selection of dishes, both Asian and western foods. They have tempeh or split gill mushroom sushi. It's a delicious source of protein from mushrooms and probiotics from tempeh. Both are full of nutrients that are good for the heart. You can choose between the traditional Japanese rice and or if you want something healthy and delicious, you can try it with riceberry. Their protein-powered Japanese Bowl has texture from the baked tempeh, which is easy to digest and makes you feel good. If you want a light breakfast, their Khao Tom (rice porridge) is really good and filling. There are also plenty of noodle dishes to choose from. They have noodles with soups, such as noodles with herbal broth, Yentafo, Tom Yum, or shrimp wonton. All are equally delicious. Another dish that highlights the local food of Chonburi province is their Miang Noodles. It's a signature feature of the province that you can't miss. The Miangs are full of filling and the highlight is the restaurant's unique and flavorful dipping sauce. No matter how many bites you eat, you won't get bored. Next is their Pani Puri that is served with salsa, a light but refreshing snack. Their western food has tasty starters such as their Grain Salad, which consists of tempeh, fresh vegetables, and topped with a Japanese soy sauce salad dressing. The mellow flavor makes eating vegetables such a pleasure. You can also sip on a warm vegetable soup that will help warm your body and soothe the stomach. Some other delicious dishes are their Fish Ball and Baked Spinach and Cheese. No matter how much you eat, you won't get fat. They also have different varieties of burgers, including shrimp, samurai, tempeh, split gill mushroom, and broccoli guacamole. All are big portions and are guaranteed to make you full.



40/155, Moo 1, Soi Narathomthasewi 30/4,  
Samet Subdistrict, Mueang Chonburi District,  
Chonburi Province 20000



12.00 p.m. - 06.00 p.m. (Closed on Fridays)



086 628 9325



Plants Corner café, beverage plantbase vegan for healthy



Eco-friendly accommodation with a green hotel concept

## ECO Hotel by Thammasat

Stop for a rest in an environmentally friendly place with...ECO HOTEL by Thammasat. They focus on eco-friendly designs, right down to the equipment they use in the rooms. They do their best to reduce their use of plastic from reducing drinking water bottles to their choice of toiletries. They use LED lights to save energy. They have a water treatment process and produce water for use within the hotel. The hotel has a large pond to store water during the rainy season, which they filter for further use. In addition, the hotel also has pesticide-free vegetable plots, including salads and garden vegetables, to be used to cook food for the guests. You can say that they really do pay attention to every detail. The highlight is that the place has a very beautiful view... It feels like living in Khao Yai. The atmosphere is surrounded by mountains and green trees with a large pond surrounding it, making it look like a small lake. Moreover, there will be faint fog in the atmosphere in the early morning and in the evening that covers the entire hotel area. It is very romantic and is considered an excellent oasis of relaxation, suitable for you to recharge yourselves.



39/4, Moo 5, Pong Subdistrict, Bang Lamung District,  
Chonburi Province 20150



Every day



086 313 4772, 038 259 010 ext. 2909



ecohotelPattaya





## Paradise of the Gulf of Thailand Koh Samet

Heading to Rayong province and crossing over to Koh Samet lies an eternally popular vacation destination both in Thailand and abroad. In addition to having beautiful nature, the sand is white, fine, and clean. It is fully prepared with complete facilities. A place you have to visit is Hat Sai Kaew, a long stretch of fine white sand contrasting with the blue sea water. It is considered to be the most beautiful beach on this island. Some other places to visit are Ao Wong Duean, Ao Phai, Ao Phrao, Ao Kiew, and Ao Karang. The nature here is beautiful. It's suitable for relaxation, but the best view on Koh Samet must be at... Ao Phrao, the only beach on the western coast where you can sit and watch the sun set right in front of the beach.



Ao Phrao, Koh Samet,  
Rayong Province



Sai Kaew Beach, Koh Samet,  
Rayong Province



Talay Waek (Separated Sea), Koh Man Nai,  
Rayong Province

Another unseen spot in Rayong must be... Talay Waek (Separated Sea), Koh Man Nai, the longest and one of the only separated seas on the eastern seaboard. It's a natural phenomenon that occurs only once a year during April. You can go for a walk and chill in the middle of the sea and take cool photos.

## Save the world on canvas, create value for nature Kwanwan Craft

A definition that indicates one's identity and love for creating quality work from natural materials, both leaves and flowers, to create beautiful colors and patterns that transform into unique pieces. They use a fabric printing process that is environmentally friendly, targeting customers who care about the world and want to save the environment. You have plenty of options to choose from, whether they are clothes, canvas bags, hats, scarves, and souvenirs made from fabric scraps. For those who want to try it out, Kwanwan Craft Studio & Embroidery also teaches the principles of natural fabric printing, techniques for applying color from leaves, how to lay the leaves, and how to roll and steam fabric, to create beautiful scarves or DIY bags that you design yourself.

105 Ploenjai Village, Soi 4, Moo 2, Choeng Noen Subdistrict, Mueang Rayong District, Rayong Province 21000

Every day

093 114 3509

kwanwan.studio





A community of two faiths, relying on local fisheries,  
and combining three cultures

## Baan Nam Chiao community in Trat Province

Experience the local way of life at Baan Nam Chiao, a community of two faiths, Buddhism and Islam, that relies on local fishing. The community also combines three cultures, Thai, Chinese, and Muslim. Even though they come from different beliefs and different cultures, everyone here lives together peacefully in the community. Even though time has passed, various cultures have been blended together and have retained their unique and charming characteristics for tourists to come and study together. This place has been developed into a tourist attraction that preserves both the culture and environment. You can come experience the lifestyle and do activities with villagers of the Baan Nam Chiao community, including weaving leaves from the unique identity of the community. You can learn to prepare delicious dishes that are considered to be the lost recipe of the community... Yana Rice Crackers. You can also take a boat ride, admire nature, plant mangrove trees, catch shellfish, and ride bicycles to see the way of life of the fishermen. For once in your life, you have to visit the Baan Nam Chiao community in Trat province.

42, Moo 1, Nam Chiao Subdistrict, Laem Ngop District,  
Trat Province 23120

Every day

084 892 5374

BaanNamchieo



Phra Drowning, Khao Rakam,  
Trat Province

Opening the dimension of faith, a new way  
of worshipping Buddha

## Phra Drowning in Khao Rakam

Stop by to recharge your faith at another unseen place that shouldn't be missed when you come to Trat province. A new dimension in SUP board paddling by paying homage and praying for blessings from the drowning Phra (Buddha) or Phra Phutthasiri Phuwadol Mongkolchai, a big white Buddha that is five meters high, submerged in the Khao Rakam water reservoir. The upper part of the Buddha is still revealed for us to worship and admire its beauty. It is another highlight that the TAT Trat Office and the Association of Domestic Travel of Trat province have collaborated together to promote water tourism for tourists who like newness, a challenge, and excitement. Come and admire the beautiful scenery on both sides of the road, balance yourself on the surface of the water through the lush forest, and admire the big Buddha in the middle of the water. Don't forget to take pictures during the trip to remember those good memories.





CHARMING, THAI TOURISM,  
VEGAN,  
PLANT-BASED,  
AND SUSTAINABLE



“  
Enjoying the  
Eastern Sea  
”







# “Deliciousness of the South”

Laem Phromthep,  
Phuket Province

End the trip with full options by going down south  
“Deliciousness of the South”

This is another destination that you must visit once. It is considered “the must have” that you shouldn’t miss!!! Because of the abundance of various natural resources, it’s a region that really has all the flavors. It is a paradise for divers who admire the beauty of corals in the Andaman Sea but it’s also suitable for those who love adventure. There are waterfalls, mountains, and dams. There’s street art in many nooks and crannies of the different provinces, where the colors of the art on the walls reflect the culture and way of life. There’s also a bunch of cafés or if you want to experience the nightlife of the southern region, you can do that as well.





Hug the sky, hug the ocean, and hug the mountains at...

## Krabi Province

Starting off with the land of a hundred islands... the Krabi ocean. With more than 130 islands, large and small, Krabi is waiting for you to experience and breathe the ozone into your lungs. Krabi is famous for its beautiful ocean and clear water that is ranked among the best in the world. However, there are still unseen spots that are ready to open your world...

Our first destination is the miracle that nature has created, "Talay Waek" (Separated Sea), one of the unseen places that should not be missed!!! It is a phenomenon during the low tide that brings sand grains together to form a sandbar, extending in a long line connecting the islands. Those islands are Koh Thap, Koh Mo, and Koh Kai. It allows you to walk along the dunes like walking in the middle of the ocean while surrounded by dark blue waters. Coming to see Talay Waek (Separated Sea) is not possible every day. You have to come during the low tide. The most suitable month for traveling here is in November until May. It is considered a check-in point that should not be missed!!!

The second check in point is... Ao Nang, one of the top destinations in Krabi province, a destination for people of all nationalities!!! This is a beach with an amazing view, good atmosphere, and many tourist attractions. It is a connecting point to travel as a one day trip between various islands, including Koh Khai, Koh Poda, Koh Thap, Talay Waek, Koh Hong, Koh Phi Phi, and other islands that are considered as the center point of Krabi.



*Talay Waek (Separated Sea),  
Krabi Province*



*Koh Poda,  
Krabi Province*



*Railay Beach,  
Krabi Province*

Ending the Krabi trip and pleasing the adventure enthusiasts is... Railay Beach. A popular activity is rock climbing. Those who love the thrill and want to test your endurance have to come and try it out. The eastern end at the beach is filled with rocky cliffs that are suitable for rock climbing. Let's go!!







Take a trip to the beach and chill, then come and save the world with...

## Souvenirs from the sea

Art that is combined with stories from the sea creating bags with chic designs that blends with the sound of waves. They use the trash from the ocean to upcycle and create new items that have new value because art helps trash come back to life. All colors can blend together without limits, combining the culture of the southern roots with Patay fabric to become bags, pants, and clothes made from ocean trash, decorated with fishing nets. They have turned trash into valuable souvenirs from the sea.



293, Moo 5, Sai Thai Subdistrict, Mueang Krabi District, Krabi Province 81000



Every day



089 353 6924



SFTSKrabi

Beautiful gems of the sea

## Trang Province

Heading down to Trang province, a beautiful and peaceful city. There are many things to do. You can sit and chill on the quiet beach or admire the beauty of the sparkling blue sea at Koh Libong, the largest island in Trang province. You can go on a boat to see the dugongs, another signature that cannot be missed. This is the center of the largest collection of dugongs in Thailand!! Dive into the underwater world at the charming Koh Waen. Although it is a small island, it is considered the highlight of diving to see the seven-colored coral reefs. End the trip at "Morakot (Emerald) Cave", a magical cave in the middle of the ocean. It is an unseen spot in Trang province that you should find the opportunity to experience at least once in your life. The special feature of this cave is the entrance to the cave. It is a small hole, which can only be taken in by small boats during low tide. If the tide is high, you will have to swim in to see it. The highlight will be inside the cave when the sun shines and reflects on the sea surface, making the water appear to be an emerald green color, truly living up to its name. Even though Trang isn't popular, there are many places to visit that shouldn't be missed!!





Dense filling, soft texture, thin dough, fragrant,  
and slightly sweet

## Khanom Pia Soi 9

Another great snack from Trang... Plump and firm Khanom Pias with a thin dough, fragrant smell, and delicious taste. So satisfying. A souvenir that guarantees deliciousness and has won the hearts of Trang people and tourists for more than 40 years!! There are many fillings to choose from, whether it's taro, red kidney bean, sweet potato, pumpkin, soy-beans, jujube, mangosteen, green tea, black sesame, or durian. Their signature bestseller is their fragrant taro filling with salted egg. It's so tasty that the next thing you know, the box is gone!!

- 229/46 Huai Yot Road, Thap Thiang Subdistrict, Mueang Trang District, Trang Province 92000
- 06.00 a.m. - 05.00 p.m.
- 075 222 734
- PiaSoi9



Beautiful batiks with lively patterns

## Phaya Batik

Orchid pattern batik paintings that flutter from your fingertips and wake up the world... It is the concept of "Phaya Batik" by Khun Sawai Ruengduk, the inventor of the handmade batik fabric in the "Cattleya orchid pattern" that has unique characteristics. Its outstanding appearance is unlike anyone else in the world with the technique of using the fingertips to spread color and using the temperature from the body to help control the drying paint. Orders come in from all over the world, both in Thailand and abroad. There are plenty of items to choose from, whether it's bags, Batik clothing, or fabrics that you can use to decorate your home.

- 69, Moo 7, Khao Kob Subdistrict, Huai Yot District, Trang Province 92130
- Every day
- 084 195 4447
- phaya40



A simple and calm city, merging different cultures,  
the charm of...

## Songkhla Province

This is another province that is rich in cultural heritage and has been passed on from generations to generations. It is filled with interesting tourist attractions, both historical and beautiful. Those who love camping will enjoy Liwong Chana, one of the famous tourist attractions in Songkhla that has been dubbed as Switzerland in the land of Chana. The view is magical. You can find lakes, pine forests, mountains, and mist all together in a calm and shady atmosphere. It's the perfect spot for recharging your batteries and chill out. You can set up a tent, go camping, and watch the sunrise as the sky changes color. You can see the sunset reflecting off the water of the pine trees while the mountains surround you, breathing in some good ozone into your lungs. Go on an adventure at Khao Khuha, a large limestone mountain with intricate steps. It is an unseen source and the new landmark of Songkhla.



Liwong Chana,  
Songkhla Province







Khao Kuha,  
Songkhla Province

When you get to the top of the mountain, you will see the beautiful panoramic view of Rattaphum district!! It is worth the hike up there. Due to the fact that it is a calcareous mountain, it has a similar appearance to the surface of the moon. It's the perfect spot for posting on social media. The highlight of Khao Kuha is the mountain pass that looks like a large doorway for you to enter. There's a backdrop of pine trees planted in rows along the entire length, making you feel like you're in a foreign country. End your Hat Yai trip satisfying the chic and cool crowd in the old town of Songkhla. It reflects the life story and culture of Songkhla people through architecture that still maintains its original characteristics. You will find Chinese-style wooden shop houses, Sino-Portuguese buildings, and ancient Chinese Hokkien style buildings on both sides of the road. There's also street art paintings that reflect the stories of Songkhla city for your further discovery.



Khao Kuha,  
Songkhla Province



Street art in Songkhla Province

Say one word... Delicious!

## Gindee Vegan

Fast food, hot food, delicious food... all are found here!! Many people probably think that vegan food is bland and colorless. But if you come and try the southern style vegan food, you will taste all the delicious flavors. Their highlight is the aromatic southern curry ingredients with bold flavors. It's so delicious. The signature is their Vegan Khua Khling, ground pork made from plants with spicy chili curry. It's the authentic southern style, eaten with hot steamed rice, and served with local vegetables. The only words that will come out of your mouth is... it's so good!!! They also have rice served with meat made from plants such as Crispy Pork Pad Kra Pao, Fried Meatballs, and Hoi Jo. Hoi Jo layers are thin, have a firm texture, and are so delicious that you can't put it down. You will forget that it's made from plants. They are good for your heart and good for your health as well.

271/3, Thungree-Khao Kloi Road, Thung Yai Subdistrict,  
Hat Yai District, Songkhla Province 90110

Every day

099 268 6554

Gindee Vegan





So good that you won't care there's no meat

## Mud Jai

One of the processed frozen foods companies with products that are high in protein and high in fiber from split gill mushrooms. They are alternative crops of the future that have additional benefits and are rich in nutrients. Split gill mushrooms have up to 17% of protein, while other mushrooms have only 2-3%. It is high in beta-glucan, which helps stop cancer cells and contains essential amino acids similar to meat. They have the lovely street food dish, Satays, but without meat. You can smell the fragrant scent of spices and the smell of coconut milk. Bite in and taste the sweetness and the fragrant spices. You also can't forget the peanut dipping sauce or you can eat it alongside ajard. We guarantee that you won't be able to put it down. Another perfect combination is their Meatless Pork Skewers or "Mhoo Ping". Delicious and rich in flavors, you have to eat it with some hot sticky rice. It's so satisfying that you will want to order more. Another dish that will satisfy your love for Isaan food is their Split Gill Mushroom Larb. So delicious that your neighbors will come and ask for it. If you want a spicy dish, you must try the Split Gill Mushroom Kang Khua. So tasty with the bold flavors of southern curry paste.

48/9, Punnakant Road, Hat Yai Subdistrict, Hat Yai District, Songkhla Province 90110

09.00 a.m. - 05.00 p.m. (Closed on Sundays)

086 749 9919

[www.mjplantbased.com](http://www.mjplantbased.com)

[mudjai.t](https://www.facebook.com/mudjai.t)

MJ MudJai - Plant Based Food



Foods that you should have in the refrigerator at home

## Pacific Innofood Co., Ltd.

This is another ready-to-eat frozen food company with plenty of food options. You can try their Fried Fish Cakes made from plants that are cooked with a special curry recipe. The texture is so firm and soft at the same time. Another delicious item is their Vegan Hoi Jo (Crab Meat Rolls). The layers are thin, the meat is firm, it's high in protein, and suitable for people with food allergies. To please the health lovers, they also have noodles made from egg whites that can be used as a substitute for regular noodles. Endless benefits, high in protein, low in calories, low fat, and gluten free. So healthy that you will love it!

27/4, Moo 7, Kao Saeng-Chana Road, Khao Rup Chang Subdistrict, Mueang Songkhla District, Songkhla Province 90000

08.00 a.m. - 05.00 p.m.

074-303-9999 ext. 1099-1111

[www.pfp-pacific.com](http://www.pfp-pacific.com)

PFP Lifestyle

[www.instagram.com/pfpthailand/](https://www.instagram.com/pfpthailand/)

[www.youtube.com/channel/UCGHpdvIqk7ZOTLEpHjzp2Qw](https://www.youtube.com/channel/UCGHpdvIqk7ZOTLEpHjzp2Qw)



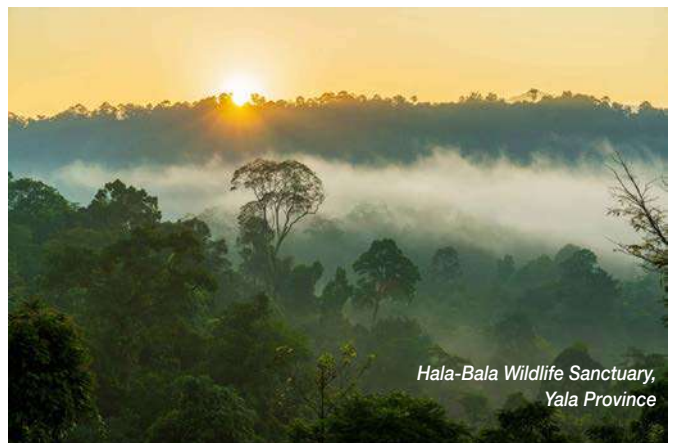
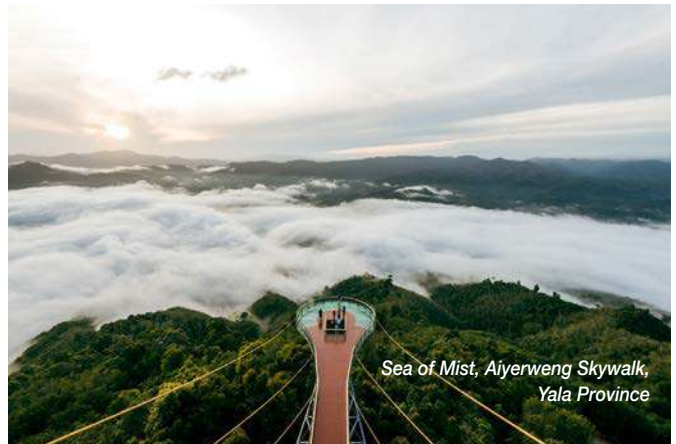


Ending the trip at the tip of the Thai ax handle  
with beautiful nature

## Yala Province

Dive into the southern most point of Siam, a beautiful city on the border. You will find that Yala is such a nice place to live in. A place that is full of civilization and a way of life that is worth exploring, including the loveliness of the friendly people and the interesting culture and nature. Their food is also worth trying. Yala is worth a trip!!

The first spot... Discover Thai nature at the end of the ax handle that is full of charm at the Sea of Mist, Aiyerweng Skywalk. Experience the 360-degree sea of mist and watch the sunrise receive the first light of the day. The highlight is walking through the high-level clear glass floor that is more than 2,038 feet above sea level!! Another one of the perfections that nature has given us... Hala-Bala Wildlife Sanctuary. It is the richest and largest rainforest in the Malay Peninsula and is considered the source of many rivers. You will be able to find many important preserved and protected wildlife, including more than 10 types of hornbills, chamois, bulls, tapirs, Sumatran rhinos, and big black gibbons. Because of the perfection of this forest, it has been called "The Amazon of Asia" and is another important tourist attraction in the south.



The source of Patay fashion

## SIRICHIT Clothing

The distinctiveness of the culture of the Malay peninsula is well reflected in the clothes of the southern people. SIRICHIT Clothing is another source of various types of Patay fashion that should not be missed. Whether it's clothing, bags, hats, or key chains, the contemporary designs are ready for you to do some shopping!!

113, Ruammit Road, Sateng Subdistrict,  
Mueang Yala District, Yala Province 95000

Every day

089 870 3549

SIRICHIT Clothing





# CHARMING, THAI TOURISM, VEGAN, PLANT-BASED, AND SUSTAINABLE



## “ Deliciousness of the South ”







All of this  
tells the stories of traveling in Thailand  
through the cultures, the ways of life of the local people,  
in order to compose the complete story about **Thai tourism**.  
It blends in with the **charming** Thai food that is **vegan, plant-based**, and **sustainable**  
that proudly makes Thailand the

“Land of Smiles (:”











CHARMING, THAI TOURISM,  
VEGAN,  
PLANT-BASED,  
AND SUSTAINABLE