



Experience the beauty of Thailand on this amazing 12-day challenge. Meet hill tribes, trek through lush jungle and bathe in waterfalls as you explore Chiang Mai. See how your sponsorship makes a difference when you visit an ActionAid project to see our life-changing education work.

DAY 1 Flight to Thailand

DAY 2 Arrival in Chiang Mai

Today we explore Chiang Mai, with its traditional wooden houses, quiet leafy gardens and elegant temples. You will have the afternoon at leisure to wander around this charming city, browse the local markets or relax by the pool.

DAY 3 ActionAid project visit, Chiang Mai

Today you will visit an ActionAid education project in Chiang Mai and it promises to be a day to remember! You will meet the community, have the chance to ask any questions about ActionAid's work and learn about the real and important difference you are helping ActionAid to achieve.

DAY 4 Tha Ton

After breakfast we transfer to the small border town of Tha Ton. En route we visit the fascinating cave temples at Chiang Dao and enjoy spectacular views at Tha Ton pagoda, situated high on a mountain top straddling the Burmese border. We stay in a riverside resort and prepare for our trek.

DAY 5 Lahu village (5hrs trekking)

We take a scenic boat ride to the start of our trek near our first hill-tribe village, home to the Karen people. We can take an elephant back tour of the area, then we trek uphill to the remote Red Lahu village of Ban Yafu where the Lahu live. Village houses are built on high stilts with walls of bamboo or wooden planks, thatched with grass. En route we learn more about these fascinating tribes and stay overnight in a communal village stilt house.

DAY 6 Waterfalls and Ban Ah Yea (7hrs trekking)

We enjoy fantastic early morning views from the mountain top village before following a small trail to stunning waterfalls where we can swim. We continue onto a nearby elephant camp for lunch, then in the afternoon trek to the Akha village of Ah Yea. We learn about the culture of the Akha, their traditions and life. Overnight stay in a communal bamboo long house.

DAY 7 Ban Law Sa (5-6hrs trekking)

We have a tough climb across streams and through bamboo forests and terraced rice fields, to the spectacularly situated village of Law Sa. This is one of the most traditional of the region's villages and we make the most of this unique opportunity. We stay in Ban Law Sa village in local accommodation.

DAY 8 Par Leai (7hrs trekking)

Incredible mountain views continue today as we trek to the traditional, rarely visited and picturesque Akha village of Ban Par Leai, situated deep in the jungle. Par Leai is an animist village and traditions mean

separate bamboo sleeping quarters for males and females. We stay in a local village building.

DAY 9 Mae Salong (5hrs trekking)

An early start today with another steep morning climb from Par Leai village. We then transfer to the mountaintop Yunnanese settlement of Mae Salong. This village is steeped in history with links to China and is surrounded by cherry orchards and tea plantations. We have time to relax at the resort, take a dip in the pool and stroll around the village where we can sample local tea in one of the town's Chinese tea shops. Tonight we enjoy well earned comfort at a charming ridge-top resort with a swimming pool.

DAY 10 Golden triangle

We rise early to see the colourful hill-tribe market and views of the valley and mountains. We then take a minibus to the 'golden triangle' – the meeting point of Thailand, Laos and Burma at Sob Ruak. We visit the opium museum and local temples before returning by road via Chiang Rai to Chiang Mai. Stay in a northern Thai style hotel.

DAY 11 International departure

Today we have a day of leisure in Chiang Mai. For a small charge you can enjoy a well earned Thai massage, a one-day Thai cookery course or a tour of the surrounding area including the botanical gardens, orchid farm and elephant camp. We return to London on our overnight flight.

DAY 12 Arrive home

This is a complex itinerary and is subject to change. If we fill this date you will be allocated a place on the next available trip. Copyright of Charity Challenge. Charity Challenge also offer an optional extension to enjoy Thailand's beaches, availability is limited.



WHERE ON EARTH AM I GOING?

About Thailand

Thailand offers beautiful mountain, jungle and coastal scenery, fascinating culture and stunning temples. You will soak up the culture and gain a real insight into the lives and history of tribal groups as you visit traditional villages and homes and stay in local accommodation.

ActionAid in Thailand

ActionAid is focusing on life-changing educational work to ensure children and communities have access to schools and training. We work with the poorest and most marginalised community members, and you will see how important this work is on your ActionAid project visit.



This information is correct at the time of going to print. You will be advised of any changes before departure. ActionAid is acting on behalf of Challenges Unlimited, ATOL 6546. Challenges Unlimited aims to set responsible tourism standards within the charity expeditions industry and all flights are offset using Climate Care. Every trip aims to benefit local communities whether through the employment of local people, using locally owned accommodation, providing participants with notes on environmental and cultural respect, or contributing to local community projects.

FUNDRAISING TOP TIP!

"Involve those around you with the fundraising and share out tasks to do!"

Katherine Sheehen, ActionAid trekker.



MONEY MATTERS

REGISTRATION FEE: £300 (can be paid in two monthly instalments)

MINIMUM SPONSORSHIP: £3,000

The trip costs of **£1,534** will be taken from the minimum sponsorship. Trip costs will cover:

- flights and transfers
- accommodation
- all meals and drinking water
- passenger service charge and UK airport tax
- group first aid supplies
- an English-speaking expedition leader and full local support team
- Charity Challenge donate US\$20 per participant to the ActionAid education project that you visit.

Additional extras that you will need to cover:

- any additional airline imposed fuel surcharge (£60 in 2007 but subject to change)
- any optional activities not mentioned in the itinerary
- personal spending money
- travel to/from UK airports
- any required vaccinations
- tips for the local support team
- travel insurance of £67 (this must be purchased at the same time as registering – please make cheques payable to Challenges Unlimited).

