



# *thailand*

**FEBRUARY 21-MARCH 5, 2019**

PRESENTED TO THE STAFF OF MAYO CLINIC ROCHESTER, SCOTTSDALE, JACKSONVILLE & MAYO HEALTH SYSTEMS



# ITINERARY

## **DAY 1: THURSDAY, FEBRUARY 21**

Board your overnight flight to Thailand.

## **DEPART USA**

## **DAY 2: FRIDAY, FEBRUARY 22**

Upon arrival in Bangkok, Thailand, meet your local guide and transfer to the Shangri-La Hotel Bangkok.

## **BANGKOK**

## **DAY 3: SATURDAY, FEBRUARY 23**

This morning, start with a boat ride from the hotel on the Chao Phraya River to visit the Grand Palace. An architectural wonder of golden stupas, walls and pillars, the Grand Palace is encrusted in shining, colorful mosaics, and is the previous residence of the Kings of Thailand (from the 18th to the mid-20th centuries). You will see palaces once used for different occasions, including the Reception Hall, the Coronation Hall, the Throne Hall, the Royal Guest House and Wat Phra Kaew. The architecture is predominantly Thai with some European influences. Regarded as the most sacred Buddhist temple in Thailand, Wat Phra Kaew is the most famous building within the palace grounds. Carved from a single piece of jade, the Emerald Buddha is housed in the main temple building and is the most revered object in Thailand.

## **BANGKOK**

Then, we visit Wat Pho (reclining Buddha temple), one of the oldest, largest and most revered temples in Thailand. The main attraction at the temple complex is the massive, gold-leaf covered reclining Buddha - 151 ft. long and 50 ft. tall. The image of the reclining Buddha represents the entry of Buddha into nirvana and the end of all reincarnations. The temple is considered the first public university of Thailand, teaching students in the fields of religion, science, and literature through murals and sculptures. It is also known to be one of the earliest traditional Thai massage schools.

After lunch, visit the former home of Jim Thompson, an American intelligence officer turned textile tycoon. This architectural gem is hidden away on a quiet street in the center of the city. The building itself is a prime example of traditional residential Thai architecture, also housing a breathtaking collection of Southeast Asian art. An open-air café is situated in the peaceful gardens alongside a shop selling Jim Thompson's silk and other household items. At the height of his fame, after revitalizing the Thai silk industry and introducing it to the world of high

fashion, Jim Thompson disappeared in 1967 and, to this day, the mystery surrounding his disappearance has never been solved.

Cross the river to Sala Rim Naam for a delicious selection of traditional Thai dishes paired with a unique cultural experience, a classical Thai dance performance. (B, L, D)

## **DAY 4: SUNDAY, FEBRUARY 24**

Today, learn all about Thai cuisine and try your hand at making a few dishes at the renowned Blue Elephant, an award-winning restaurant known for exceptional Thai and Fusion cuisine. Upon arrival, enjoy a Thai herbal welcome drink while discussing the 4-course meal you will prepare with the chef. Afterwards, go to the Bang Rak morning market by skytrain. The instructor will help you select fresh Thai herbs, vegetables, fruits and other products. After the market visit, the instructor will explain and demonstrate the creation of each dish. Then it's time to get to your own stove and wok to start cooking with the assistance of the instructor. At the end of class, you can enjoy your own culinary creations. (B, L)

## **BANGKOK**

## **DAY 5: MONDAY, FEBRUARY 25**

Say goodbye to Bangkok today as you board your flight to the northern city of Chiang Rai. Check-in and relax for the remainder of the day at Le Méridien Chiang Rai Resort. (B)

## **CHIANG RAI**

## **DAY 6: TUESDAY, FEBRUARY 26**

Today starts with a visit to the Golden Triangle area where the mighty Mae Khong River joins the Ruak River, forming a triangle with the borders of Thailand, Myanmar (formerly Burma), and Laos. Lunch will be served at a local restaurant.

## **CHIANG RAI**

Your afternoon continues with a visit to the Hall of Opium Museum followed by the old city of Chiang Saen (A.D.1260). On the steep banks of the Mae Khong River, opposite to Laos, Chiang Saen is home to magnificent ancient ruins and temples. (B, L, D)

## **DAY 7: WEDNESDAY, FEBRUARY 27**

After breakfast, drive from Chiang Rai to Chiang Mai, with a stop along the way to visit Wat RongKhun, the White Temple. Feel refreshed this afternoon with a visit to the hot springs of Baan Pong Nam Ron before you arrive at the Shangri-La Hotel Chiang Mai.

## **CHIANG MAI**





This evening, you will be introduced to the Khantoke cuisine of Northern Thailand. Your dinner will be accompanied by traditional dance performances including the intricate Forn Leb finger dance, the Forn Thien candle dance, the Ramwong circle dance, and the Ram Dab sword dance. After dinner, enjoy a hill tribe show performed by various members of the Yao, Lahu, Meo, Lisu, and Karen hill tribes. (B, L, D)

**DAY 8: THURSDAY, FEBRUARY 28** **CHIANG MAI**

This morning will be spent at the Thai Elephant Care Center. This center prides itself in taking care of elderly elephants and takes a very ethical approach to the treatment of the gentle giants. Visit and interact with the elephants while feeding and bathing them.

This afternoon, experience a scenic drive through the historical areas of Chiang Mai. Following lunch, take an invigorating trip to the mountains up the slopes of Doi Suthep. Here, you will visit a Meo hill tribe and observe their simple way of life. The Meo tribe originated in Southern China and made their homes on mountain peaks or plateaus above 3,000 feet. This tour offers a spectacular view of Northern Thailand as you travel the forested mountain roads. You reach the mountain's summit with a visit to the 600-year-old Doi Suthep Temple. The final climb to the temple is a staircase comprised of 306 steps and decorated with magnificent Naga (dragon-headed serpents). Inside the temple, you will find an intriguing copper-plated chedi topped by a five-tiered golden umbrella containing partial relics of Lord Buddha. (B)

**DAY 9: FRIDAY, MARCH 1** **CHIANG MAI**

This morning, a one-hour drive into the mountains near Chiang Mai takes you to the small, rustic village of Mae Kampong which is set along a stream. Here, you will have the chance to meet locals as you wander through a traditional market. The market is an essential form of daily life in these remote communities and is much more than just a place to buy and sell. Next, embark on a gentle walk through the forest guided by local experts who will point out areas of interest and explain the progression of their forest conservation.

Enjoy lunch followed by a relaxing massage. Then, explore the village to take in the daily activities such as the making of fermented tea. You'll have the opportunity to visit traditional village homes, many of which are adorned with exquisite local handicrafts.



This evening, cook your own dinner in a village home and experience a memorable sunset from the mountaintop before returning to Chiang Mai. (B, L, D)

**DAY 10: SATURDAY, MARCH 2** **KOH SAMUI**

Today, fly from Chiang Mai to the southern island of Koh Samui. Upon arrival, settle into your home for the next two nights, the Anantara Bophut Koh Samui Resort. The remainder of the day is at your leisure to enjoy the resort facilities and bask in the beauty of the island. (B)

**DAY 11: SUNDAY, MARCH 3** **KOH SAMUI**

Discover Koh Samui and its neighboring islands today by long tail boat. You will have a chance to relax on deserted beaches and snorkel in the crystal clear water surrounding the islands of Koh Tan and Koh Madsum. Cruise around the famous five islands before returning back to shore. (B, L, D)

**DAY 12: MONDAY, MARCH 4** **BANGKOK**

Fly from Koh Samui back to Bangkok, where you will stay one last night at the Shangri-La Hotel Bangkok. The remainder of the day is at your leisure. (B)

**DAY 13: TUESDAY, MARCH 5** **RETURN HOME**

Bid a final farewell and transfer to the airport for your return flight home. (B)



# REGISTRATION

- Please sign me up for the Mayo Clinic Tour of Thailand!**  
February 21-March 5, 2019      **\$4,995 per person (\$5,170\*)**

\*Price based on non-cash/check payment.

All prices quoted are per person, based on double occupancy and include all items listed under the Tour Inclusions.

**Submit completed registration by fax to 612-866-9644 or email to [mayo@carrouseltravel.com](mailto:mayo@carrouseltravel.com) or mail with check payable to:**

Carrousel Travel  
Attn: Group Department  
6625 Lyndale Avenue South, Suite 104  
Minneapolis, MN 55423

**Please include a photocopy of the first page of your passport.**

**Enclosed is:**

- \$1,500 per person deposit for \_\_\_\_ people  
 Full Payment (Due October 26, 2018)

**Please bill my credit card:**

- American Express       Visa       MasterCard

ACCOUNT #      EXP. DATE      CWV CODE

SIGNATURE

TRAVELER 1 NAME (legal name as it appears on your passport)

TRAVELER 2 NAME (legal name as it appears on your passport)

TRAVELER 1 NAME PREFERENCE (for name badge)

TRAVELER 2 NAME PREFERENCE (for name badge)

EMAIL

ADDRESS

CITY/STATE/ZIP CODE

HOME PHONE/CELL PHONE

- I will require airfare from a city other than Minneapolis/St. Paul.

DEPARTURE CITY: \_\_\_\_\_

**AIRLINE SEATING PREFERENCE**

- TRAVELER 1:     Aisle       Window       Adjacent  
TRAVELER 2:     Aisle       Window       Adjacent

- I have read and agree to the terms and conditions of this brochure.

SIGNATURE

# TOUR INCLUSIONS

- Roundtrip transfers between Rochester and MSP
- All transfers between airports and hotels
- Accommodations in deluxe hotels: 4 nights in Bangkok, 2 nights in Chiang Rai, 3 nights in Chiang Mai, 2 nights in Koh Samui
- Guided sightseeing and entrance fees as outlined in the itinerary
- Transfer from Bangkok to Chiang Rai by air (included)
- Transfer from Chiang Rai to Chiang Mai by land
- Transfer from Chiang Mai to Koh Samui by air (included)
- Transfer from Koh Samui to Bangkok by air (included)
- Daily breakfast (B)
- 6 Lunches as outlined in the itinerary (L)
- 5 Dinners as outlined in the itinerary (D)
- Gratuities to drivers and local guides/experts
- Services of a Carrousel Travel escort in Thailand
- Baggage handling throughout the trip

NOT INCLUDED

- Roundtrip airfare to Bangkok, Thailand (BKK)
- Gratuities to tour director
- Airline fuel surcharges (if any)
- Baggage fees (if any)
- Items of personal nature
- Anything not listed under Tour Inclusions

# FOR MORE INFORMATION

Please email: [mayo@carrouseltravel.com](mailto:mayo@carrouseltravel.com)

or call Sara or Vanessa at (612) 866-2503 or (800) 800-6508

# TERMS & CONDITIONS

**RESERVATIONS** Reservations must be accompanied by a \$1,500 per person deposit and signed registration form. Payments can be made by check or credit card. Checks should be made payable to Carrousel Travel. Final payment is due October 26, 2018. A reminder notice will be sent prior to the final payment date.

**CANCELLATIONS** All cancellations must be received in writing and are subject to the following penalties. All deposits are non-refundable. Cancellations received prior to October 26, 2018 will be subject to a \$1,500 per person penalty. Cancellations received on or after October 26, 2018 will be subject to 100% penalty.

**INSURANCE** Carrousel Travel highly recommends travel insurance for your protection. We will provide an insurance application to all tour participants.

**RESPONSIBILITY** In offering these travel arrangements, Carrousel Travel (CT) acts as an agent for the sale of air transportation and other travel related services. CT takes great care in selecting its suppliers, but it does not control or guarantee personnel, equipment or operations of anyone furnishing accommodations, products or other services in connection with the travel arrangements. Therefore, CT is not able to assume responsibility for injury, damage, expense, inconvenience or any other loss experienced in connection with the travel or services. CT's control is limited to its own employees and it is responsible for the acts or omissions of such employees. The type of loss over which CT has no control and for which CT cannot be responsible for includes, without limitation; (1) any act or omission on the part of any supplier of services or other party who is not under the direct control of CT; (2) any defect or failure of any vehicle, equipment, product or service which is owned, operated or otherwise used by a supplier; (3) any financial problems of a supplier which causes non-performance by that supplier; or (4) any other cause, condition or event which is beyond the direct control of CT. Without limiting the effect of the foregoing, CT is a company of integrity and responsibility and will do everything within its capabilities to fulfill your travel arrangements. CT does not control the rates, bookings or reservation policies of any supplier and while CT will do everything possible to maintain these matters, they cannot be guaranteed. During the trip, you may have the opportunity to participate in various optional activities, such as water sports and other athletic activities or excursions. CT does not control any of these activities and will not be liable for any injury, damage, loss, expense, accident, delay, inconvenience or irregularity arising out of or relating to such participation. Your baggage and personal effects are your responsibility at all times. CT reserves the right to withdraw any tour member from a tour if the conduct of such a member is incompatible with the interests of the group as a whole. Your retention of tickets, reservations or final tour documents after issuance by CT shall constitute consent to these provisions. The conditions outlined above also pertain to the Mayo Clinic and Mayo Health Systems.