

Food Fun Friends: Foraging Nan Forest

Mushroom Season | Nan, Thailand

22-25 August 2025



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Eco-Spiritual Tourism & Learning

Pack only rice; we'll forage our dinner in the forest!

Highlights:

- Get to know Hmong culture—taste their food, join in on daily village activities, and stay overnight at a Hmong homestay.
- Hike through a lush community forest during the rainy season and discover a variety of edible mushrooms. Camp overnight on Mon Rak Hill under a star-filled sky.
- Visit an organic farm, enjoy a local-style northern Thai meal, shop for handmade goods at the OTOP center, and head home with fresh memories.

Day 1	Arriving Nan / Khun Sathan National Park / Hmong Homestay	Overnight
AM	<p>9:45AM Airport pick up</p> <p>Explore Chetawan Cave Buddhist Temple, a serene and sacred site that reflects the villagers' deep reverence for Buddhism. Nestled in a picturesque natural setting, it offers tranquility and shade. Kruba Noi, who became a novice at the age of 12 and undertook pilgrimages across various provinces, established the Chetawan Cave Buddhist Sanctuary in 2012-2013.</p> <p>Lunch: northern style food</p>	Hmong Homestay (information to be provided)
PM	<p>Head to Khun Sathan National Park</p> <p>Visit a waterfall (TBA) and Khun Sathan Viewpoint</p> <p>Check-in Hmong Homestay and learn about Hmong culture</p> <p>Dinner: Hmong food</p>	



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Day 2 Sea of Mist / Forage Hike

All day



Watching sunrise amidst a sea of mist then packing. Head to **Ban Nam Lat** for a village breakfast.



After sorting out what to bring, we begin our hike into the forest with local villagers as our guides. They'll teach us how to forage edible items from streams and trees, identify edible plants, and even spot underground animals. We'll have a packed lunch halfway through our journey.

In the late afternoon, we reach **Mon Rak**, a serene camping site atop a shaded hill with basic amenities (tents, toilets, showers, no electricity). Here, you'll join local guides in preparing a meal using natural ingredients before gathering around the bonfire for songs and stories.



Overnight

Camping at Mon Rak

Provided:

- Tent (twin sharing)
- Sleeping pad
- Sleeping bag
- Pillow

Facilities:

- Shower/Toilet
- Rest hut
- NO electricity

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Day 3 Organic Farm / Peaceful Nan

AM



After breakfast, we leisurely stroll (or opt for a truck ride) through the forest back to the village. We'll enjoy lunch at an organic farm, where you can also purchase fresh seasonal fruits and vegetables.



PM Head to Nan City

Stop at **Nan OTOP Center** for local products. One of the famous fabrics in Nan is "pha kiao" or "pha sin," which is traditional handwoven cloth known for its intricate patterns and vibrant colors. It's often used to make traditional clothing such as sarongs and shoulder cloths. These textiles are deeply rooted in Nan's cultural heritage and are prized for their craftsmanship and beauty.

It's time to depart, and we'll provide you with transportation to the airport. We say goodbye and go home with unforgettable memories.

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Price: 7,900 Baht/person

Included:

- All local transportation in Nan
- All meals as outlined in the program and refilling of drinking water
- 2 nights accommodation
- All entrance fees
- Fees for local guides
- Basic first aid kit and group insurance

Excluded:

- Travel to and from Nan (e.g. flights, buses)
- Personal items, snacks, medication, mobile phone, internet, water bottle for refill, etc.
- Tips for local guides

Trip notes:

- Participants should be physically fit and able to walk for up to 4 hours
- Vegetarian options in the forest and village on days 2-3 are limited
- Accommodations are in basic and twin sharing settings

Suggested flights from Bangkok to/from Nan

22 August 2025

Air Asia FD 3554

DMK-NNT

8:10AM-9:30AM

24 August 2025

Air Asia FD3557

NNT-DMK

4:55PM-6:05PM



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