

Day 1: Arrive Bangkok

Transfer from Bangkok Airport to Bangkok - Pratunam

Accommodations: Movenpick BDMS Wellness Resorts Bangkok, 3 Night Stay

Meal Plan: Room Only

Day 2: Half Day Luxury VIP Grand Palace and Wat Pho – Day Tour

You will be picked up at 14:00. Start the afternoon with a visit to the Grand Palace, which has served as the seat of Thailand's revered Royal Family for more than two centuries. Take a walk around the vast grounds, stopping in to explore the various temples, throne halls, the Emerald Buddha, the most revered Buddhist image in Thailand and museums within the compound with a particular focus on Queen Sirikit Museum. Not only does the visit showcase high fashion but it also chronicles the Queen's life and state visits.

On your way to Wat Pho, you will enjoy a coffee break in an authentic cafe.

Go behind the scenes for a closer look at Buddhist culture. Continue your journey with a trip to Wat Pho which is one of Bangkok's most enchanting temples. Take a walk around Wat Pho and see the vast collection of religious treasures on display. Admire the famed reclining Buddha image, which stretches 45-meters in length. Learn about the symbolism of the Buddha's intricate footprint and witness devotees making offerings to this revered image.

Enjoy the afternoon monk's chants. Witness this deeply spiritual ritual and gain a better sense of Thailand's Buddhist heritage.

Following the tour of these iconic Bangkok monuments, return to the hotel.

Day 3: Morning Serenity Bangkok Spiritual Discovery – Day Tour

Get picked up for an early morning start to capture the best of Bangkok's spiritual highlights. Travel to Wat Saket, a tranquil temple in the city centre. Arrive in time to witness the resident monks chanting their morning prayers, enjoying this serene and deeply spiritual ritual. Then offer alms to the monks, gaining blessings of health and safety.

Take a short walk up the temple's golden hill, listening to the chimes of the temple's bells. Enjoy fantastic views of the Rattanakosin neighbourhood from this elevated viewpoint. Then continue through the historical district of Bangkok, passing by many beautiful religious buildings.

Make a stop at a small market to purchase 'Sangkanatan', a special offering for monks. Carry these donations to Wat Ratchabophit, a beautiful temple that blends Thai architecture with European influences. Present the sangkatan to the monks, then wander around the temple compound, seeing local worshippers and devotees at prayer.

Visit the Tiger God Shrine, one of the oldest Taoist temples in Bangkok, to explore another aspect of Thai spirituality. Learn about the Taoist belief system and its role in Thai society.

After this insightful morning discovering Bangkok's spiritual side, return to the hotel.

Day 4: Bangkok to Phuket

Transfer from Bangkok - Pratunam to Bangkok Airport

Transfer from Phuket Airport to Phuket - Cape Panwa

Accommodations: Amatara Welleisure Resort, 3 Night Stay

Meal Plan: Room Only

Day 5: Full Day A Blissful Day on Phang Nga Bay – Day Tour

Spend a day in paradise. Leave the crowded beaches of Phuket aboard a private, Longtail Boat that has been customized for ultimate comfort. Cast off and head to turquoise waters during this full day boat trip to Phang Nga Bay. Pass by "James Bond" Island, slowing down for photos of this beautiful, but touristy, site.

Venture further afield to discover dramatic limestone karsts jutting out of the water and a pristine mangrove forest. Relax and enjoy the views as the boat glides across the Bay. The boat captain will seek out a secluded beach for a chance to swim in the clear waters or sunbathe on the white sandy shores.

The day continues with a visit to a privately-owned island. Go ashore at this tropical paradise and explore the tranquil beaches which are blissfully free of development. A barbeque of fresh seafood will be prepared for lunch in this incredible setting.

Spend the rest of the day swimming and lounging about, soaking up the sun's rays and the serene atmosphere. Return to Phuket by boat and transfer back to your hotel.

Day 6: Evening Farm-to-Table Dinner Experience by Jampa – Day Tour

You will be picked up at your hotel and transferred to one of the top restaurants in Thailand, Jampa.

Set amidst a natural garden, Jampa Restaurant is a sustainable zero waste cuisine under the concept of Farm to Fork and Fight Against Food Waste. It offers creative gastronomy with a wide range of intricate tasty and organic menus from local ingredients harvested on a daily basis from its own farm. Its ultimate goal is to leave minimal impact on earth while giving the best farm experience plus sophisticated meals to all diners.

Upon arrival at the restaurant around 17:00, be welcomed by a friendly staff and also a mocktail and taken on the guided farm tour in brief, picking up local ingredients like eggs or organic vegetables for garnish on your own dish. The tour will take up to 30 minutes.

Following the tour, take a seat indoors with a cozy ambience, surrounded by nature from the outdoors and enjoy your seven-course menu. After a scrumptious meal, transfer back to the hotel.

Day 7: Phuket to Koh Yao

Transfer from Phuket - Cape Panwa to Treehouse Villas Koh Yao

Accommodations: Treehouse Villas Koh Yao, 3 Night Stay

Meal Plan: Room Only

Day 8: Koh Yao at Leisure

Day 9: Koh Yao at Leisure

Day 10: Depart Koh Yao

Transfer from Treehouse Villas Koh Yao to Phuket Airport