



Thailand
Village Academy

PHROMLOK TOURIST COMMUNITY

Nakhon Si Thammarat



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For residents of Phrom Lok community in Nakhon Si Thammarat province, the **“Khao Luang”** mountain range provides a great source of food and so many other products that help generate sustainable income and improve their livelihood. With a national park right on the doorstep, this is an ideal Southern Thai escape for nature lovers – or just those needing a break from the big city. The community offers cooking classes using fresh local produce, traditional arts and crafts courses, and the chance to experience life as a tropical fruit plantation owner, picking and processing the delicious fruits.



ACTIVITIES

- Make batik clothes from natural colors.
- Learn the art of Manorah performance.
- Take a boat trip and experience the fisherman’s way of life.
- Experience the beauty of Phrom Lok Waterfall.
- Enjoy a mud spa that provides a natural beauty treatment.
- Making OTOP product “Honey Baked
- Leb-Muer-nang Bananas”.
- Cultivate and collect fresh mushrooms for cooking.

PROGRAM 3 DAYS 2 NIGHTS

DAY 1

- 12.30 pm. Meet at the assembly point (airport/hotel in the city/tourist attraction)
- 01.00 pm. Lunch at Kopi Restaurant, a traditional and popular restaurant in Nakhon Si Thammarat. Kopi Restaurant serves various food and drinks including Kopi coffee, Bak Kuh Teh, and Dim Sum
- 02.00 pm. Listen to the story and history of Nakhon Si Thammarat while visiting City Pillar Shrine and City Wall of Nakhon Si Thammarat. Stop by to admire the revered Wat Phra Mahathat Woramahawihan, an important temple of this province.
- 03.30 pm. Learn about the diverse culture, including musical instruments for shadow play as well as the process for creating shadow play, a local Southern performance art that has its own beauty and is unique compared to other regions in Thailand.
- 05.00 pm. Travel to Promloke Village, an area benefiting from an abundance of natural resources from the waterfall, forest, and mountain. This results in diverse food selections, such as various types of fruit, traditional herbs, and local vegetables that can be used as ingredients in cooking a delicious, clean meal.
- 06.00 pm. Arrive at the village and receive a warm welcome from the locals before listening to the background history of Promloke Village.
- 06.30 pm. Enjoy dinner followed by leisure time
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DAY 2

- 07.00 am. Breakfast at the homestay
- 08.00 am.
 - Hop on a red cab, a community bus and join in the adventurous walk to study about nature at Khao Luang National Park. The aim of this trip is to learn and understand the importance of Khao Luang, a water source that combines plentiful natural resources.
 - Visit Suan Somrom to learn how to grow vegetables and fruits in the community's forest, such as Pra Tree, Mangosteen Tree, and Durian Tree, among others
 - Together harvest vegetables along the way and prepare lunch (different types of vegetables)
- 12.00 pm. Lunch with traditional Thai food at Rim Lamthan. Enjoy taking some time out to relax with some leisure time at Promloke Waterfall
- 02.00 pm. Join a fun activity that involves making batik clothes from natural colors. Batik clothing is another popular and interesting product of the community.
- 04.00 pm. Take a bike ride around the surrounding village and stop by at Wang Pla Ngae and experience the magnificent view of fish swimming under the evening sunset.
- 06.00 pm. Local Thai food dinner (Baan Mae Kularb)
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DAY 3

- 07.00 am. Breakfast at the homestay
- 08.00 am. Travel to the mushroom farm, one of the interesting occupations of villagers in the community. Learn about how the mushrooms are grown and help by gathering some to prepare lunch box set to eat at the airport (before you board the plane back).
- 10.30 am. Say goodbye to the community and travel back safely

Program 3 Days 2 Nights

| Number of visitors | 2-3 persons | 4-6 persons | 7-9 persons |
|--------------------|-------------|-------------|-------------|
| Rate/Person (THB) | 16,000 | 9,800 | 7,100 |



Program 7 Days 6 Nights




| Number of visitors | 2-3 persons | 4-6 persons | 7-9 persons |
|--------------------|-------------|-------------|-------------|
| Rate/Person (THB) | 38,000 | 24,000 | 18,000 |



TOUR OPERATOR CONTACT INFORMATION

Local Alike Co., Ltd.

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-  www.facebook.com/LocalAlike
-  www.instagram.com/localalike
-  www.localalike.com

-  www.twitter.com/localalike
-  www.youtube.com/user/LocalAlike



WHAT WILL YOU LEARN?

Experience life in tropical plantation from which fruits are cultivated and processed into a range of delicious products – being one of the main sources of income for the community. Get creative with some Batik painting or participate in some Southern Thai performance art, such as the “Manorah” dance which has been passed on for generations.



HOME STAY

8 homestays with a capacity to accommodate 25-30 visitors in total





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FOR MORE INFORMATION
Thailand Village Academy

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